

# **2005 South Carolina Youth Risk Behavior Survey Report, Grades Nine through Twelve**



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## **2005 South Carolina Youth Risk Behavior Survey**

More information on the Youth Risk Behavior Survey is available on  
the Web site of the Centers for Disease Control at  
<http://www.cdc.gov/HealthyYouth/YRBS/>.



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Additional copies of this report may be obtained from the  
State Department of Education's Office of Adult and Community Education,  
Healthy Schools Programs, at 803-734-9344.

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## **Overview of the Project**

The Youth Risk Behavior Survey (YRBS) was developed cooperatively by the Centers for Disease Control and Prevention (CDC), federal agencies, and state departments of education to measure the extent to which adolescents in the United States engage in health-risk and health-enhancing behaviors. The data collected through the YRBS provide guidance to state and local agencies as well as nongovernmental organizations in their program planning and policy development. The YRBS descriptions and assessments of trends in behavior among high school students allow these agencies and organizations to design and implement more effective efforts to help youths become healthy, successful adults.

### **Survey Instrument Design**

The YRBS is a self-reporting, anonymous survey that is conducted every other year. The 2005 South Carolina survey questionnaire consisted of 88 core CDC questions and 11 additional state questions, for a total of 99 items. The questions assessed the six risk-taking behaviors that are the most frequent causes of social problems, illness, and premature death among this state's youth: the use of tobacco, the use of alcohol and other drugs, behaviors that increase the risk of sexually transmitted diseases and unintended pregnancies, physical inactivity, poor eating habits, and behaviors that result in intentional and unintentional injuries.

The administration of the 2005 YRBS was a combined effort with the State Department of Education's South Carolina Healthy Schools Program, the Department of Health and Environmental Control's Division of Tobacco Prevention and Control, and the Department of Education's Office of Safe and Drug Free Schools (OSDFS). So that the duplication of certain tasks could be avoided, the 2005 YRBS included questions from the OSDFS and was jointly administered with the Youth Tobacco Survey.

### **Sampling Design**

The research corporation Westat designed and conducted the sampling and weighting procedure to obtain a statewide representative sample of students in grades nine through twelve. The sampling frame consisted of public schools in South Carolina. Schools that serve special populations—alternative schools, charter schools, and the Department of Juvenile Justice—were excluded from the sample. The sampling procedure was designed to provide a statistically valid representation of schools throughout the state. Fifty schools were selected from the original sampling frame of 203 high schools.

So that the survey would reach the maximum number of students, second period was selected from among all morning class periods because it characteristically has a low absentee rate. The use of a single class period not only allowed all students to be surveyed at the same time but also minimized the disruption of school procedure. Each participating school was asked to send a complete list of its second-period classes to the YRBS coordinator, indicating the grade level and enrollment of each class. The coordinator then numbered the class list sequentially, and self-weighting random-number work sheets generated by PCSample (software developed by the research corporation Westat) were used to select particular classes from the entire roster.

Thirty-seven schools participated in the survey, for a school response rate of 74 percent. Of the 1,498 sampled students, 1,315 submitted questionnaires. After data editing, the number of usable questionnaires was 1,309, for a student response rate of 87 percent. The combined school and student response rate was 65 percent (school rate multiplied by the student rate).

### **Student Characteristics**

The 1,309 YRBS respondents comprised 623 males, 680 females, and 6 students who did not specify their gender. The grade-level breakdown was 423 ninth graders, 377 tenth graders, 325 eleventh graders, 169 twelfth graders, 5 students responding as “ungraded or other grade,” and 10 students did not respond to the question. With regard to student ethnicity, there were 524 black, 617 white, 43 Hispanic, 53 from all other races, 61 students gave multiple responses, and 11 students did not specify their ethnicity.

### **Report Content**

This report, which is written to emphasize the key findings of the 2005 YRBS, includes information from the CDC’s “Trend Report Analysis for South Carolina High Schools, 1991–2005” (provided in the appendix to this document) for the purpose of comparison. Specific percentages for the total South Carolina student population surveyed as well as for eight separate categories of those students—male, female, ninth grade, tenth grade, eleventh grade, twelfth grade, black, and white are presented in narrative as well as graphic form. The narrative also contains detailed information such as a breakdown by gender and race that is not represented in the graphs.

## **Executive Summary**

The Youth Risk Behavior Survey questionnaire distributed in the spring of 2005 was completed by 1,309 South Carolina high school students. The results of that survey reveal that a significant percentage of the state's adolescents engage in behaviors that place them at risk for serious health problems—a situation warranting broad-based and strategically targeted interventions. South Carolina has identified and implemented proven effective curricula that address many of these problem behaviors. Schools alone, however, cannot address all the personal, emotional, social, and physical needs of students. The public education system must work in collaboration with parents, community agencies, health agencies, and public policy makers to promote healthy behaviors that will help ensure our students' safety and well-being.

Key findings on South Carolina teenagers include the following:

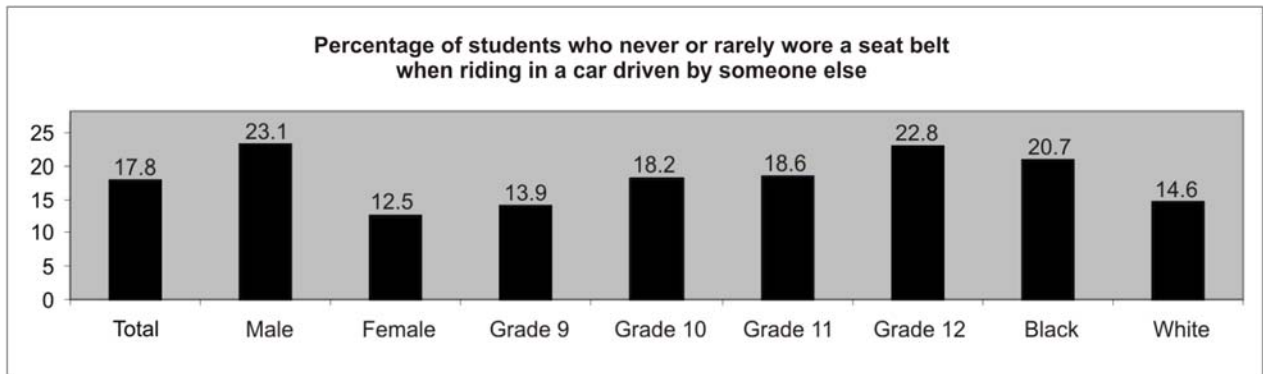
- 17.8 percent never or rarely wear a seat belt when riding in a car,
- 30.0 percent had ridden within the past thirty days in a vehicle driven by someone who had been drinking alcohol,
- 20.5 percent had carried a weapon within the past thirty days,
- 11.1 percent had attempted suicide within the past twelve months,
- 30.1 percent had used tobacco within the past thirty days,
- 43.2 percent had drunk alcohol within the past thirty days,
- 19.0 percent had used marijuana within the past thirty days,
- 52.3 percent have had sexual intercourse,
- 29.8 percent were physically active for 60 minutes or more per day on at least five of the seven days preceding the survey,
- 21.8 percent attend a PE class every day,
- 12.7 percent are overweight (according to their self-reported weight and height data), and
- 16.2 percent eat five or more fruits and vegetables every day.

## 2005 YRBS Survey Results

### Behaviors That Contribute to Unintentional Injuries

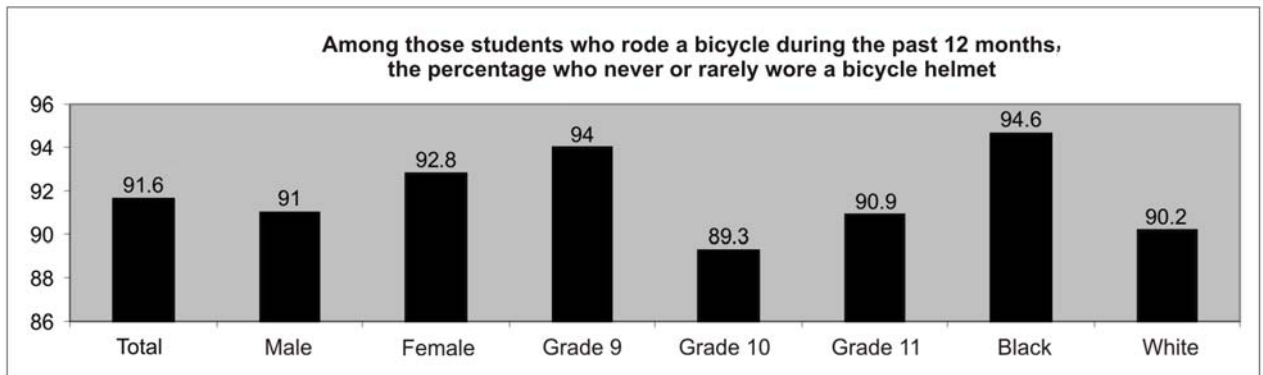
#### Wearing a Seat Belt

The percentage of South Carolina high school students who never or rarely wear a seat belt when they are riding in a car driven by someone else declined from 20.9 percent in 1999 to 17.8 percent in 2005. The national average is 10.2 percent (CDC 2006). The number of instances in which South Carolina students rarely or never wear a seat belt is higher for males (23.1 percent) than females (12.5 percent) and higher for black males (26.2 percent) than white males (20.0 percent).



#### Wearing a Bicycle Helmet

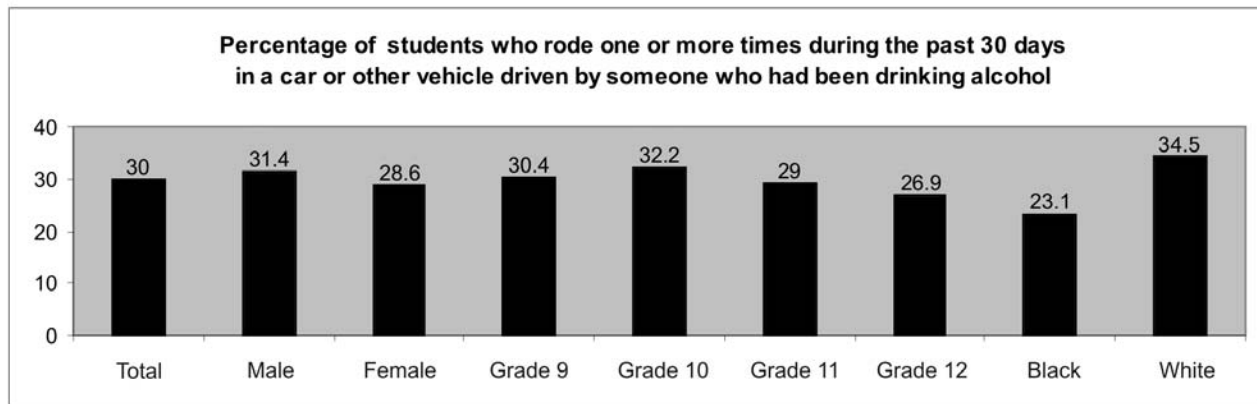
In the twelve months preceding the survey, 91.6 percent of South Carolina high school students who rode a bicycle never or rarely wore a bicycle helmet. Nationwide, 86.1 percent of high school students report that they rarely or never wear a bicycle helmet (CDC 2006). The number of instances in which South Carolina students rarely or never wear a bicycle helmet is higher for females (92.8 percent) than males (91.0 percent) and higher for black females (98.6 percent) than white females (89.5 percent).



Data unavailable for grade 12

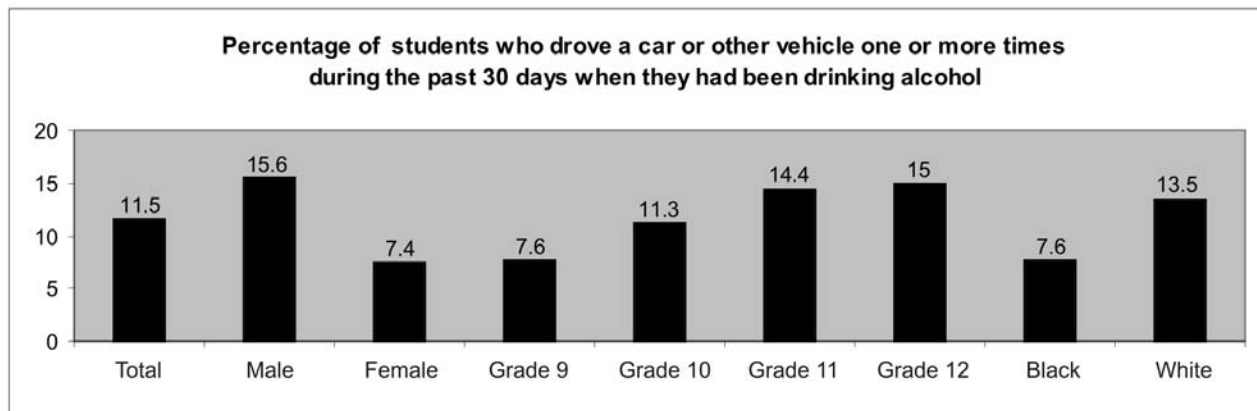
## Riding with a Driver Who Has Been Drinking Alcohol

The percentage of South Carolina students who rode one or more times during the thirty days preceding the survey in a car or other vehicle driven by someone who had been drinking alcohol declined from 34.6 percent in 1999 to 30.0 percent in 2005. Nationwide in 2005, 28.5 percent of students reported having ridden with a driver who had been drinking alcohol (CDC 2006). Riding with a driver who has been drinking alcohol is more prevalent among male (31.4 percent) than female students (28.6 percent) and more prevalent among white (34.5 percent) than black students (23.1 percent) in South Carolina.



## Driving after Drinking Alcohol

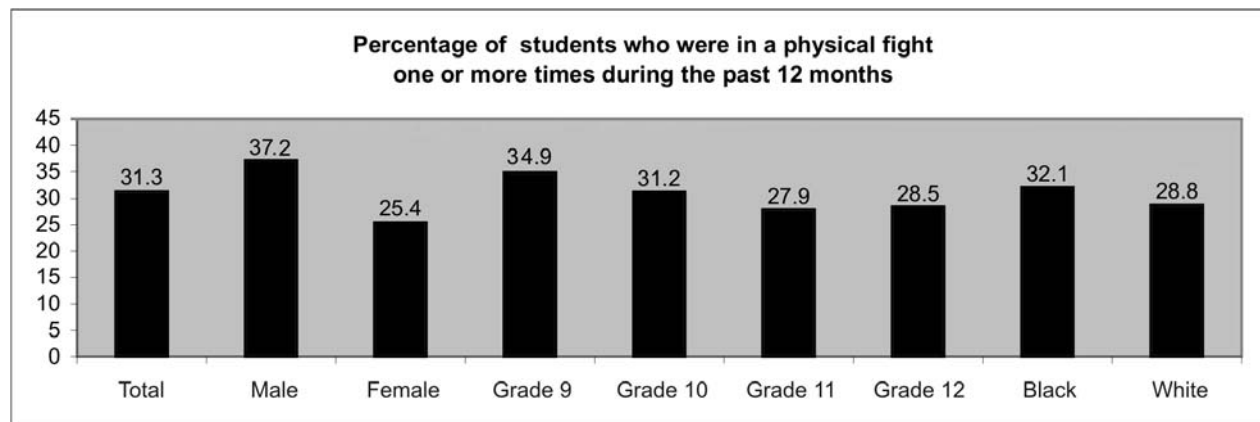
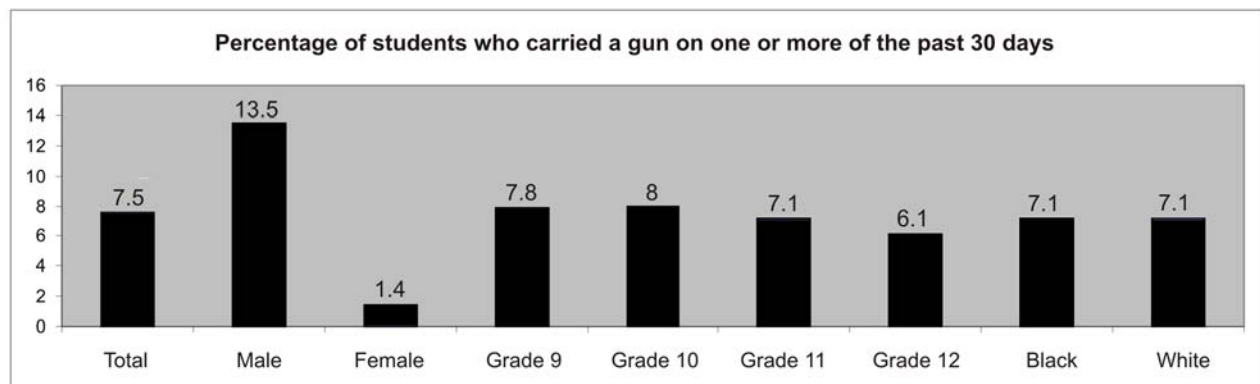
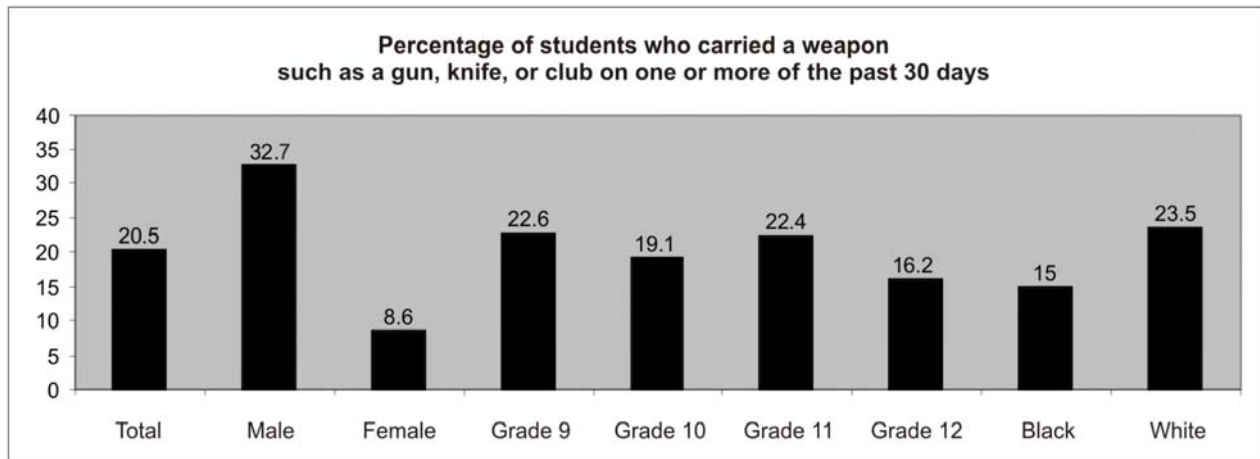
During the thirty days preceding the survey, 11.5 percent of South Carolina students drove a car or other vehicle when they had been drinking alcohol. This rate is down from the 15.4 percent of 1999. Nationally, 9.9 percent of students report having driven a car or other vehicle when they had been drinking alcohol (CDC 2006). Overall, the number of South Carolina students who report having driven when they had been drinking alcohol is higher for males (15.6 percent) than females (7.4 percent) and higher for whites (13.5 percent) than blacks (7.6 percent).



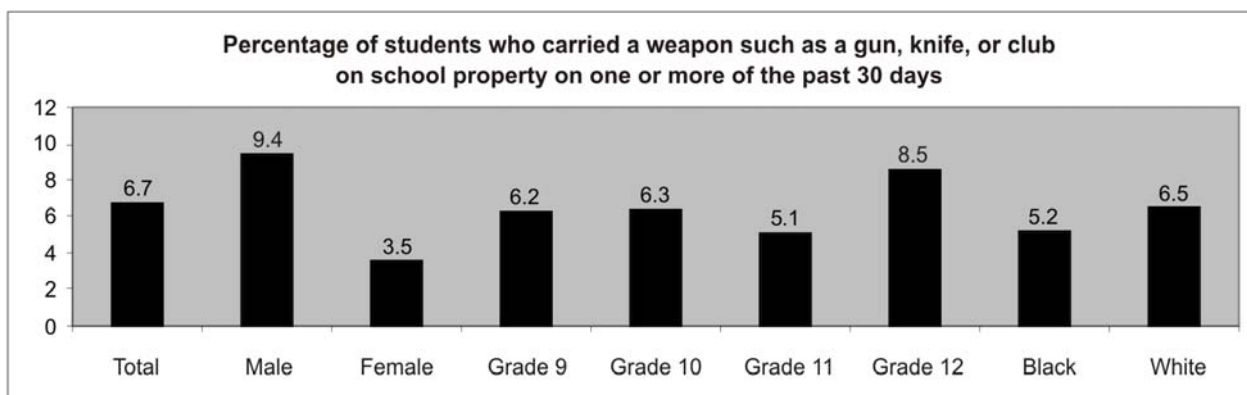
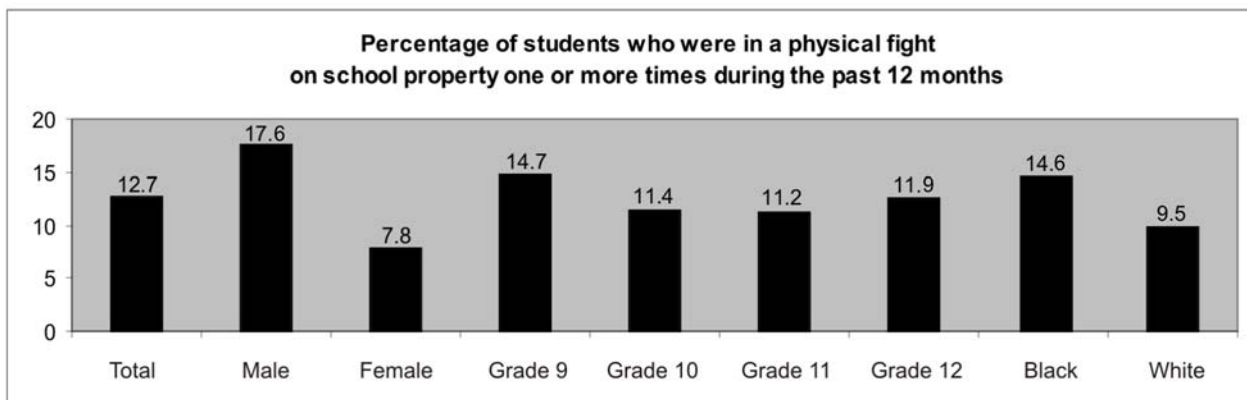
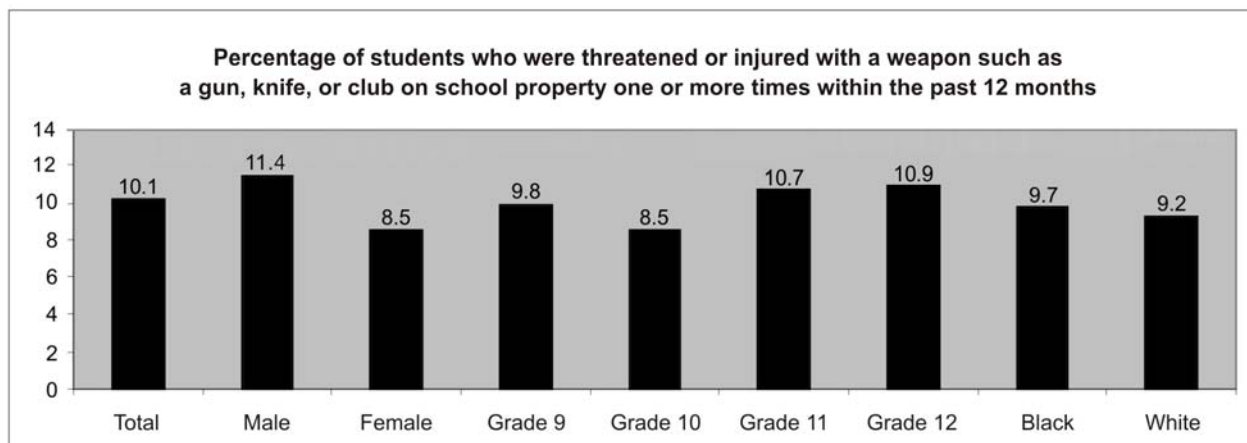


## Behaviors That Contribute to Violence

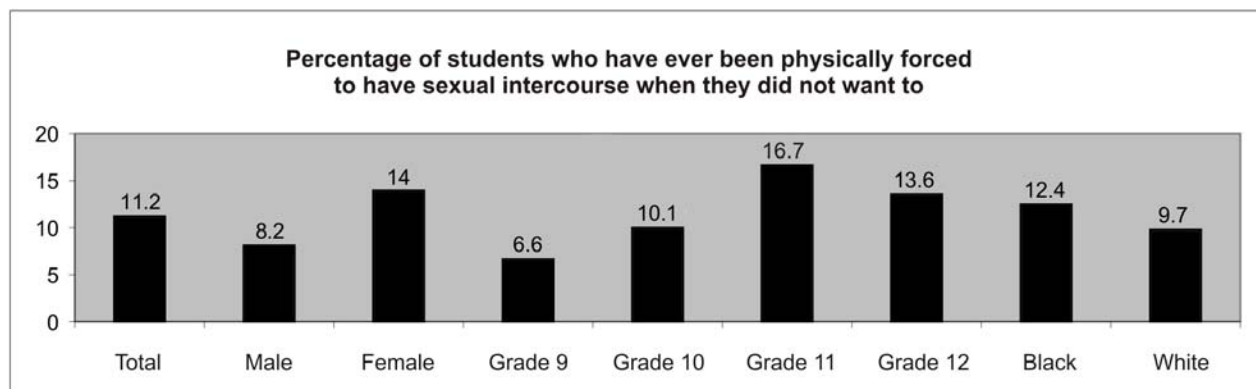
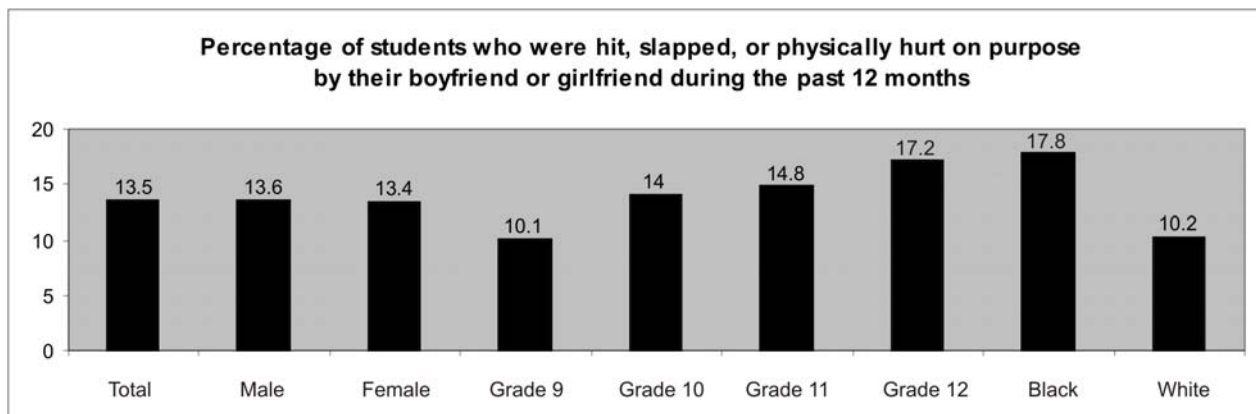
The percentage of South Carolina high school students who report carrying a weapon declined from 21.7 percent in 1999 to 20.5 percent in 2005. The number of students who carried a gun on one or more of the thirty days preceding the survey has also declined, the total dropping from 8.8 percent in 1999 to 7.5 percent in 2005. Similarly, the percentage of students who were in a physical fight one or more times within the past year decreased from 33.1 percent in 1999 to 31.3 percent in 2005.



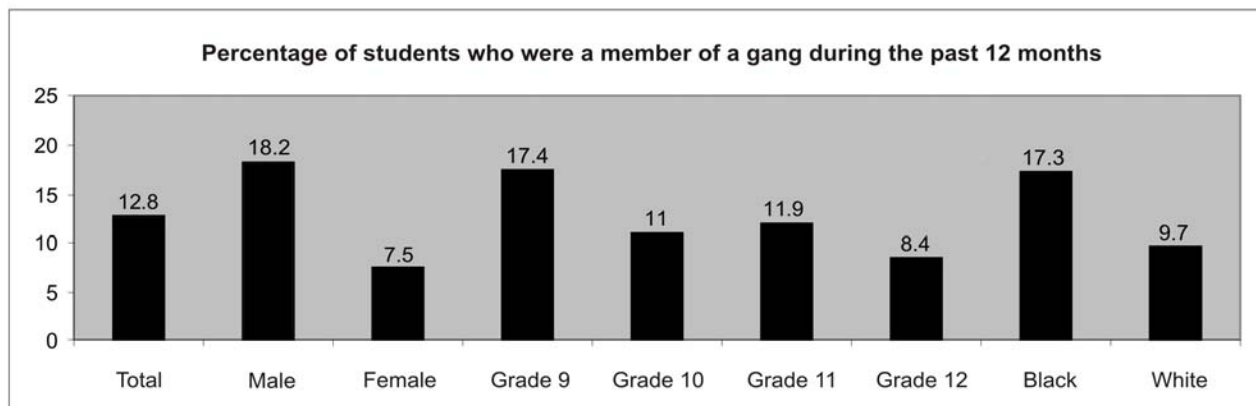
On school property the percentage of students who had been threatened or injured with a weapon such as a gun, knife, or club one or more times during the twelve months preceding the survey increased from 8.6 percent in 1999 to 10.1 percent in 2005. The percentage of students who were in a physical fight on school property also has increased, rising from 12.0 percent in 1999 to 12.7 percent in 2005. However, the percentage of students who carried a weapon on school property has decreased, falling from 7.2 percent in 1999 to 6.7 percent in 2005.



The number of students who were hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend in the twelve months preceding the survey rose from 12.4 percent in 1999 to 13.5 percent in 2005. However, the use of physical force in sexual encounters decreased among all groups (i.e., race and gender) from 1995 to 1999. The percentage of South Carolina high school students who ever have been physically forced to have sexual intercourse is the same today as it was in 1999 (11.2 percent).

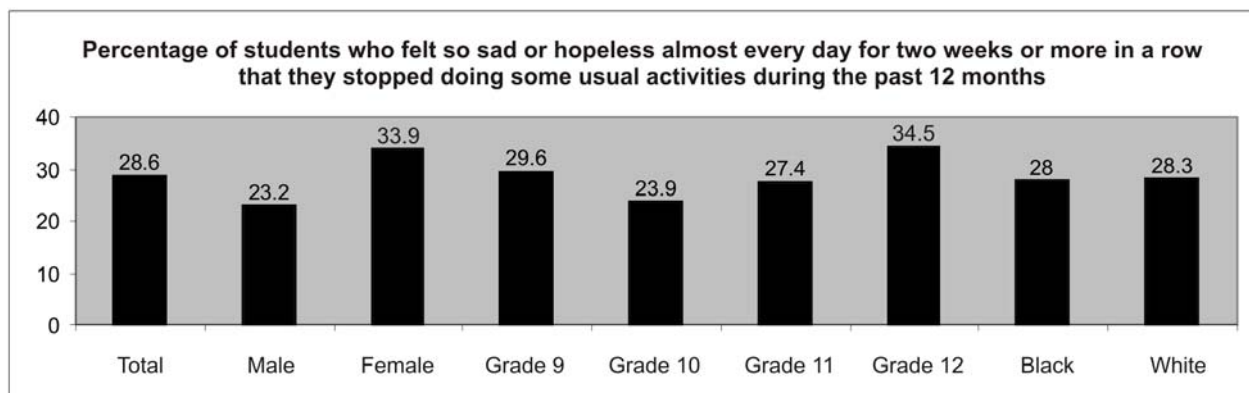


Thirteen percent of South Carolina's high school students were members of a gang during the twelve months preceding the survey. Gang membership is higher for male (18.2 percent) than female students (7.5 percent) and higher for black (17.3 percent) than white students (9.7 percent). Ninth graders comprise the largest portion of gang members (17.4 percent) among high school students in the state.

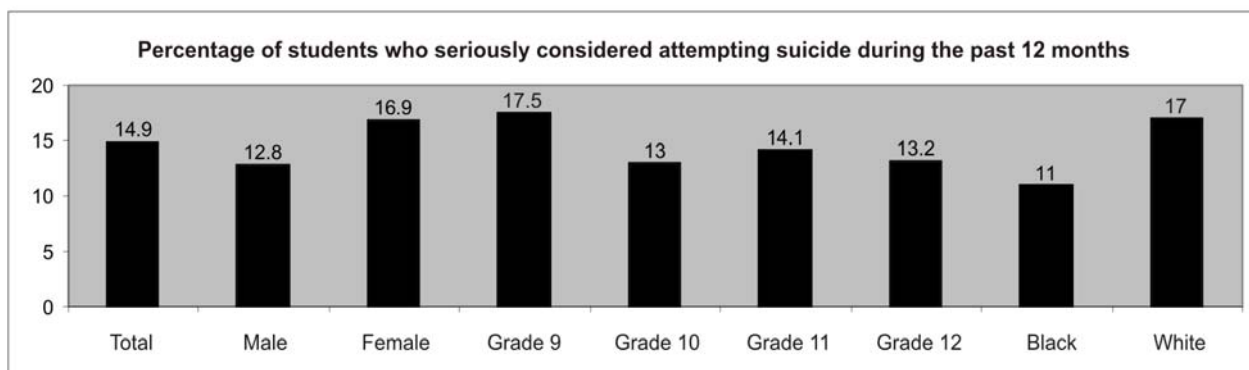


## Suicide

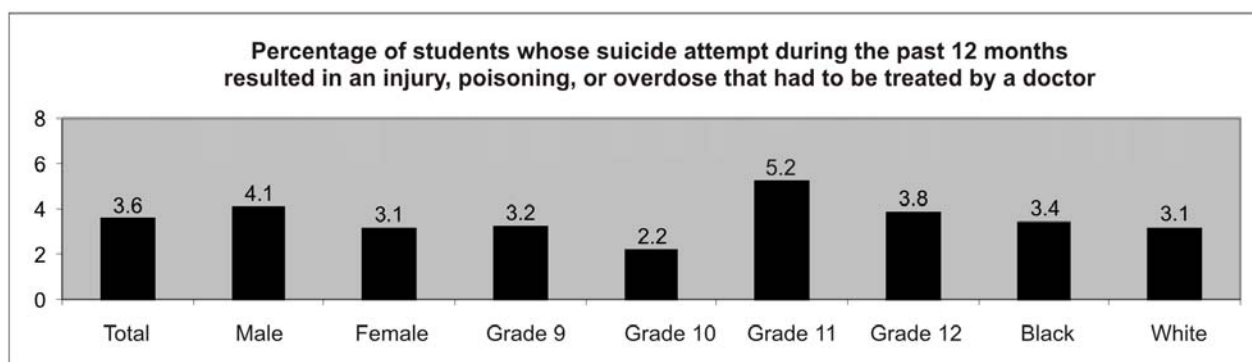
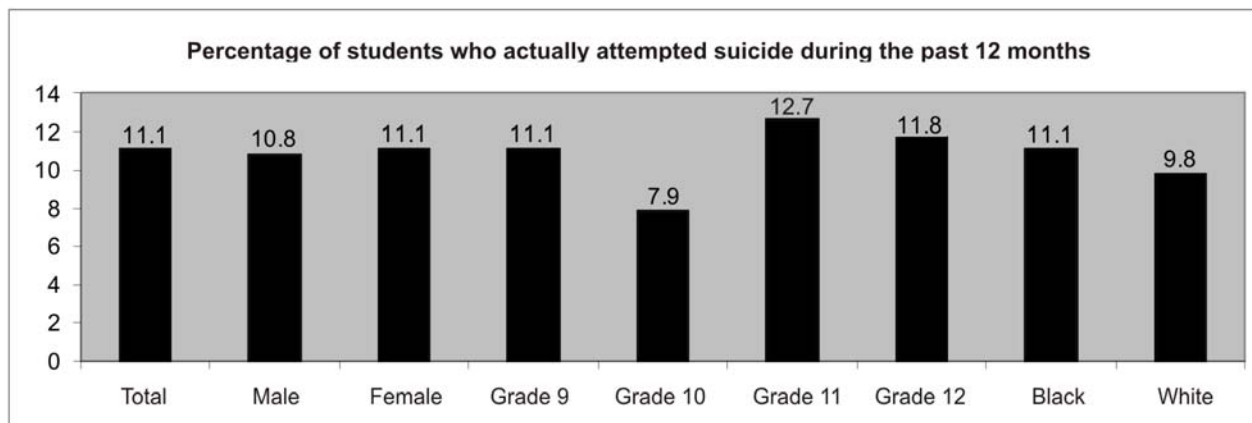
More than one in four South Carolina high school students (28.6 percent) report having felt so sad or hopeless for two weeks or more during the past year that they did not participate in some of their usual activities—a risk factor for suicide. Overall, more females (33.9 percent) than males (23.2 percent) experienced such feelings.



The percentage of high school students who seriously considered attempting suicide within the past year shows a downward trend, falling from 24.0 percent in 1995 to 14.9 percent in 2005. More females (16.9 percent) than male students (12.8 percent) seriously considered suicide in 2005; more white females (18.8 percent) than black females (12.8 percent) did so.

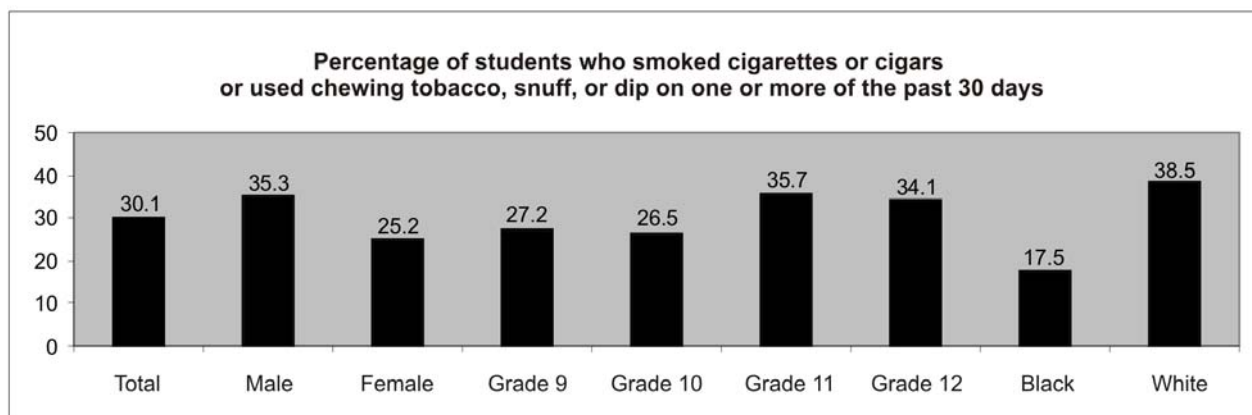


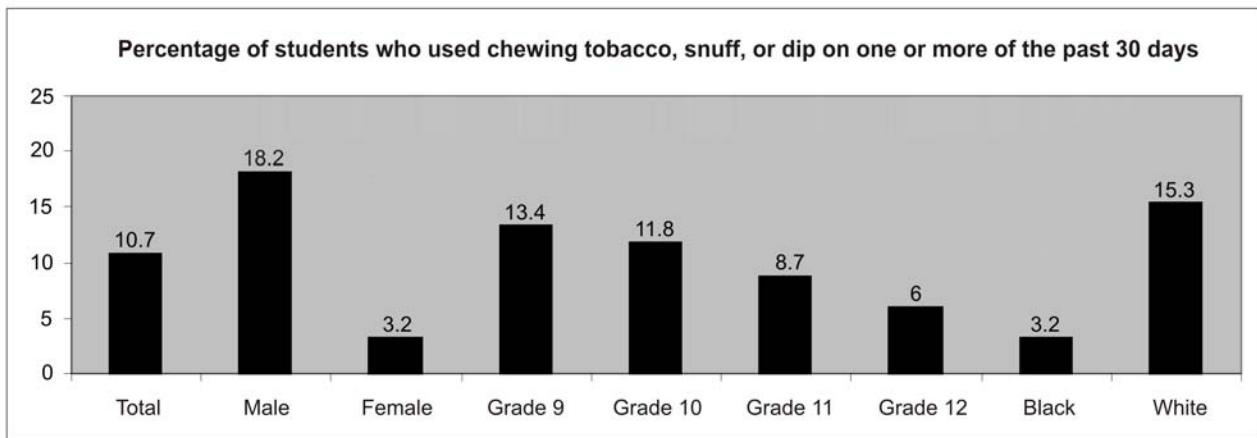
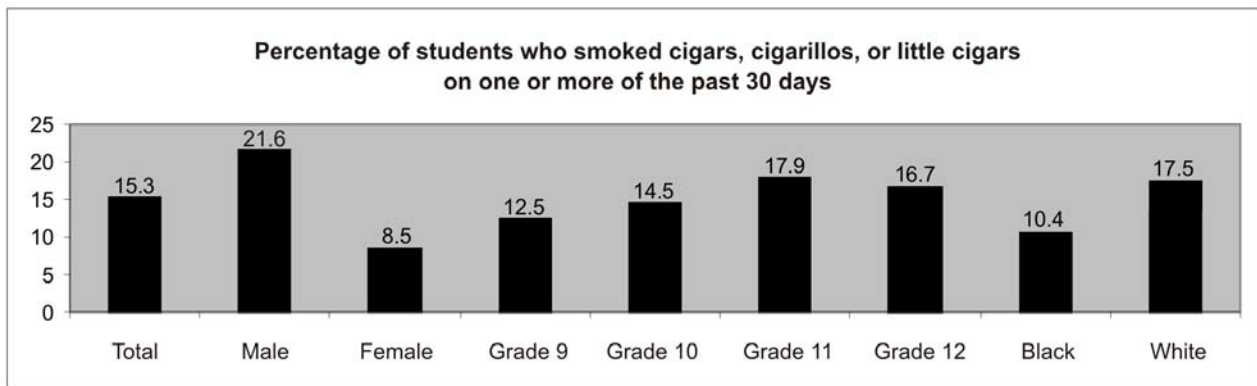
The number of students (11.1 percent) who actually attempted suicide in the past year in South Carolina is higher than it was in 1999 (7.9 percent) and higher than the national figure (8.4 percent) in 2005 (CDC 2006). Overall, black females (12.3 percent) are the most likely to attempt suicide; white females are the least likely (9.3 percent). Less than 4 percent of students who attempted suicide in 2005 had to be treated by a doctor for an injury, poisoning, or overdose.



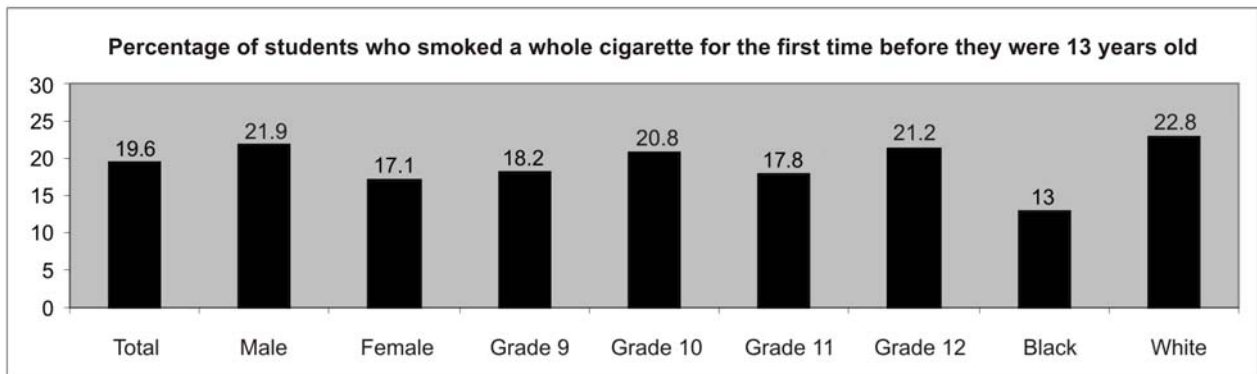
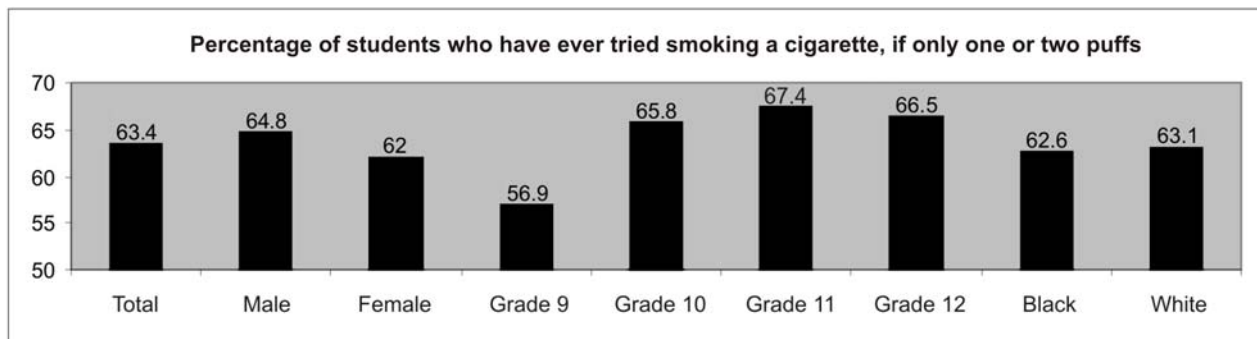
## Use of Tobacco

There has been a downward trend—from 41.5 percent in 1999 to 30.1 percent in 2005—in the percentage of students who smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on one or more of the thirty days prior to the survey. More students smoke cigars, cigarillos, or little cigars (15.3 percent) than chew tobacco or use snuff or dip (10.7 percent). Males are more likely than females to use these products, and white students are more likely than black students.

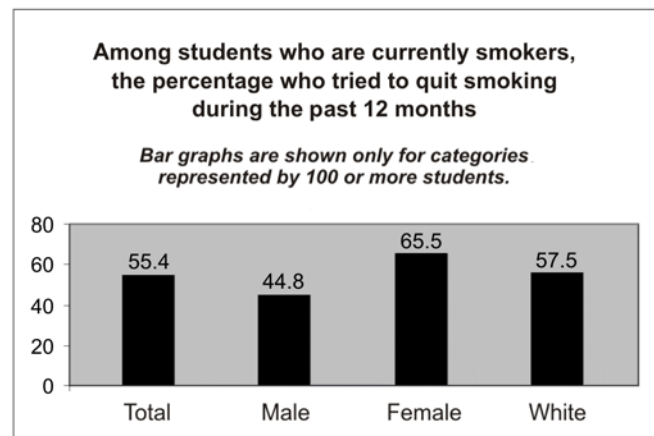




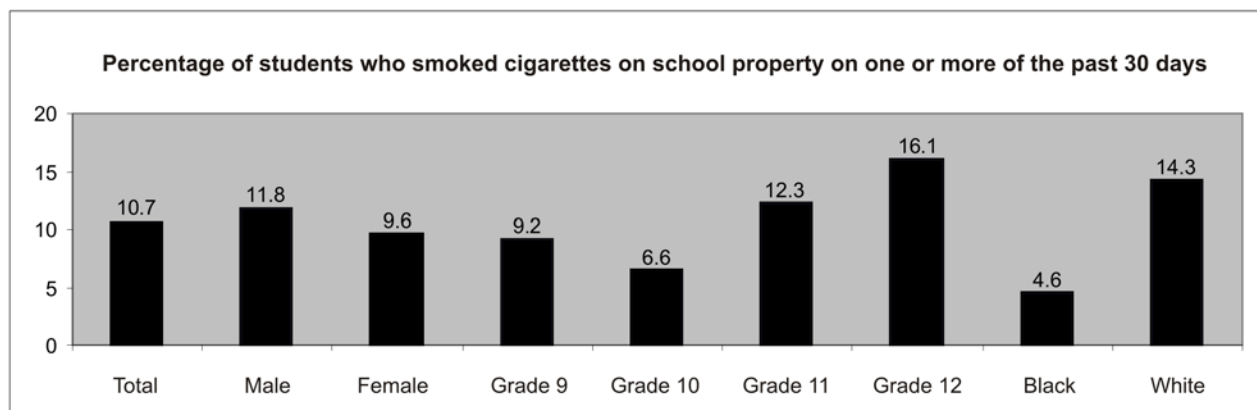
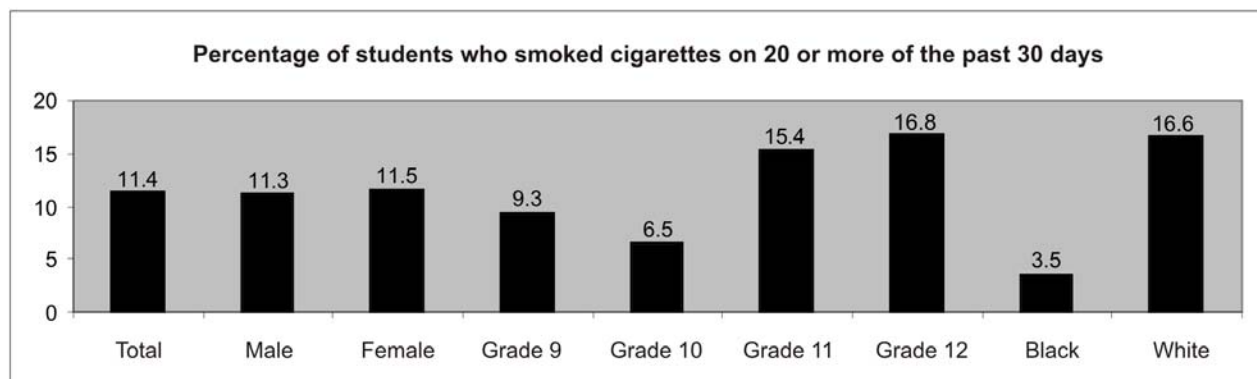
A downward trend—from 75.3 percent in 1999 to 63.4 percent in 2005—is also apparent in the number of students who have tried cigarette smoking (if only one or two puffs). Likewise, the number of students who smoked a whole cigarette for the first time before the age of thirteen has decreased, falling from 27.2 percent in 1999 to 19.6 percent in 2005.



Adolescents greatly underestimate the power and speed of addiction; accordingly, they tend to underestimate how difficult it can be to stop smoking. The South Carolina Youth Tobacco Survey reports that more than a third of those students who tried to quit smoking in 2005 were unable to abstain from cigarettes for thirty days (SC DHEC 2006, 3). Among those students who are current smokers, 55.4 percent report that they did try to quit smoking during the twelve months preceding the survey. In 2004, only 35 percent of the state's schools provided referrals to tobacco cessation programs for students who were caught smoking on school property (SDE 2005).



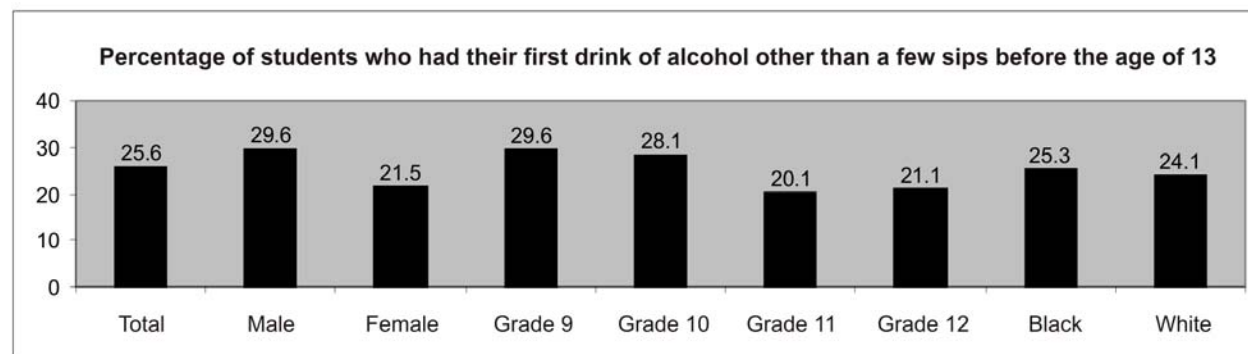
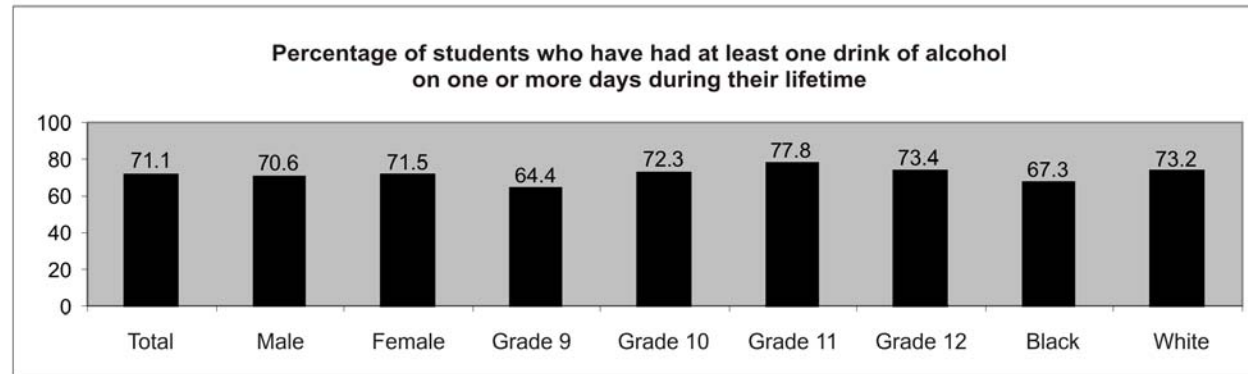
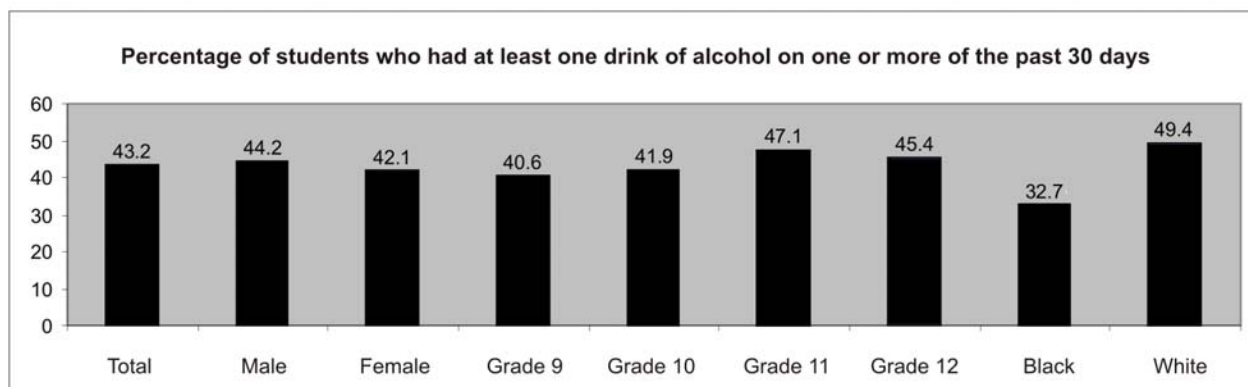
Daily smokers—defined as those students who smoked cigarettes on twenty or more of the thirty days prior to the survey—make up 11.4 percent of the high school population in South Carolina. More white students (16.6 percent) than black students (3.5 percent) are daily smokers. More than one in ten of daily cigarette smokers had smoked on school property in the thirty days prior to the survey.



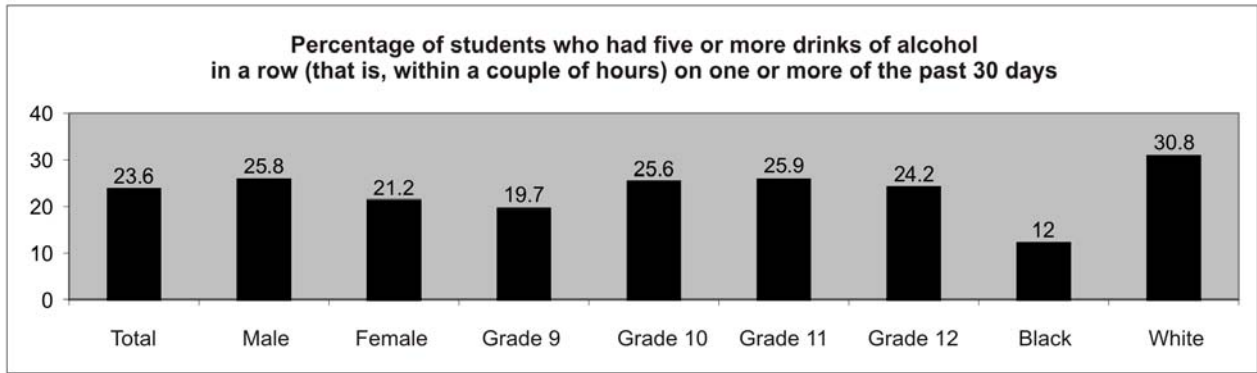


## Use of Alcohol and Other Drugs

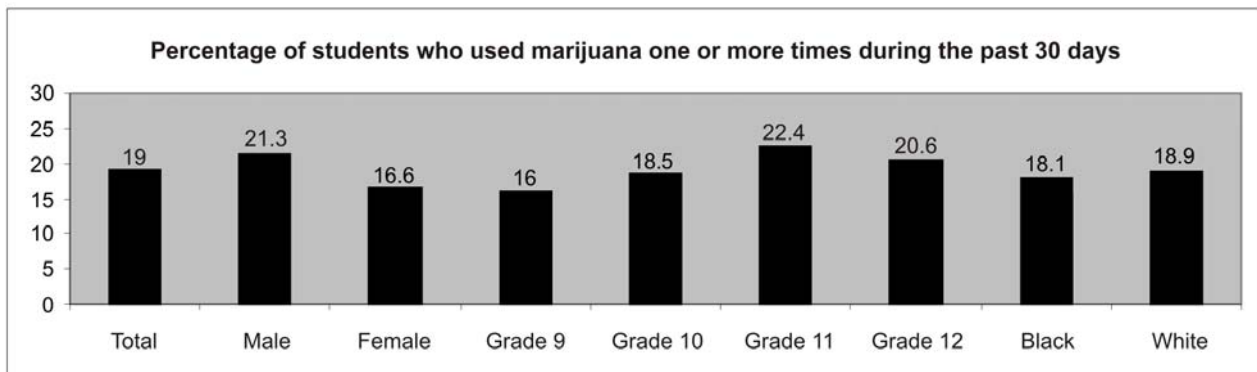
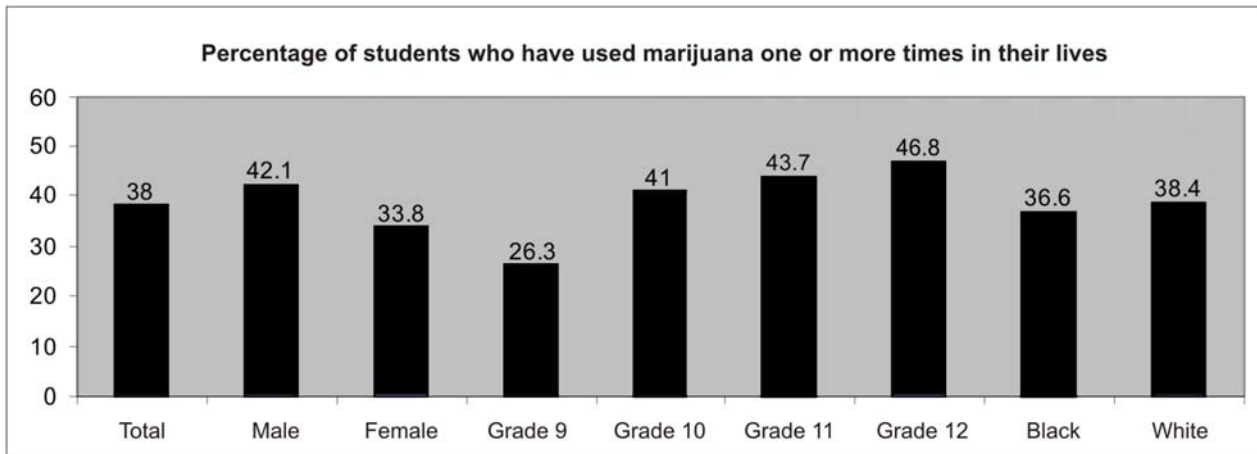
Alcohol is the most commonly used illegal substance among high school students. In South Carolina, 43.2 percent of high school students had at least one drink of alcohol on one or more of the thirty days preceding the survey, down slightly from 45.4 percent in 1999. The number of students who have had at least one drink of alcohol in their lives has decreased gradually over the last few years, falling from 77.8 percent in 1999 to 71.1 percent in 2005. A decline is also observable in the percentage of students who had their first drink of alcohol (other than a few sips) before the age of thirteen, the total dropping from 33.6 percent in 1999 to 25.6 percent in 2005. The number of students who had five or more drinks of alcohol within a couple of hours (i.e., binge drinking) on one or more of the thirty days preceding the survey dropped from 25.4 percent in 1999 to 23.6 percent in 2005.

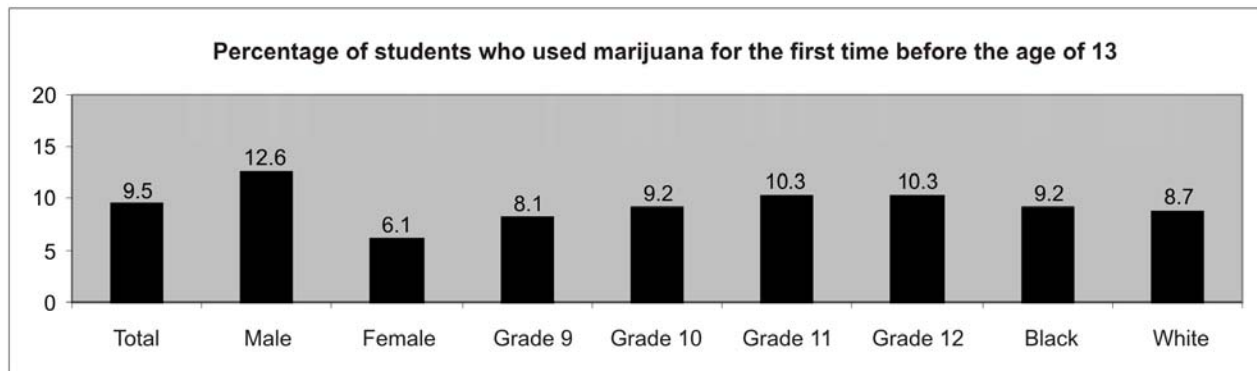




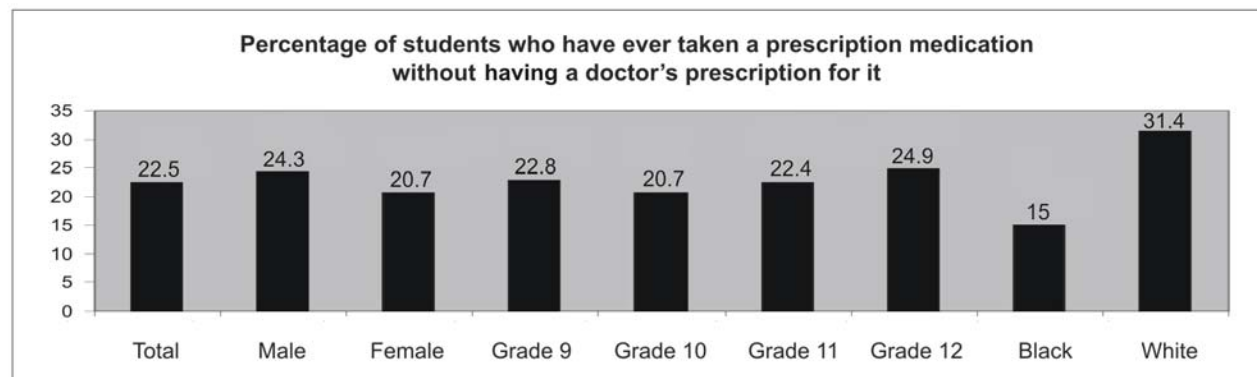


Marijuana is the second most common illegal substance used by South Carolina's high school students. Thirty-eight percent of them have tried marijuana at some point in their lives. Almost one in five of them (19 percent) used marijuana one or more times in the thirty days preceding the survey. Slightly less than one in ten (9.5 percent) used marijuana for the first time before they were thirteen years old.

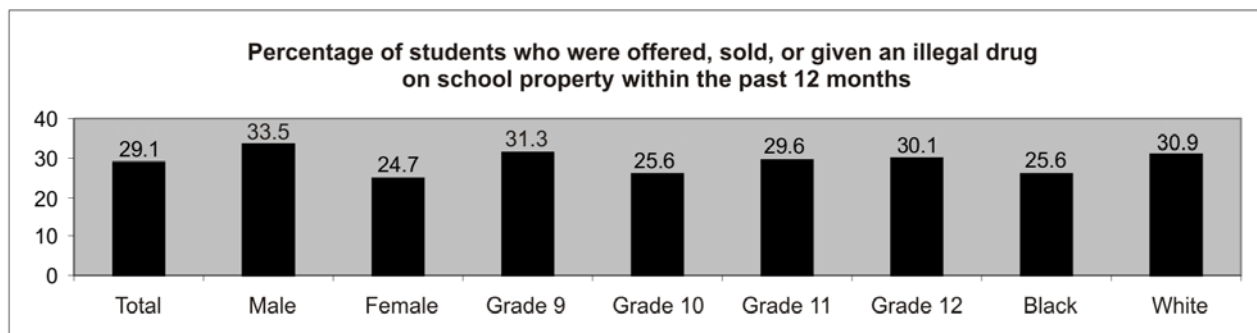




Taking a prescription drug that has not been prescribed for the particular individual is the third most common form of substance abuse among high school students. Almost one in four South Carolina high school students (24.6 percent) have taken a prescription medication that was not prescribed for them.



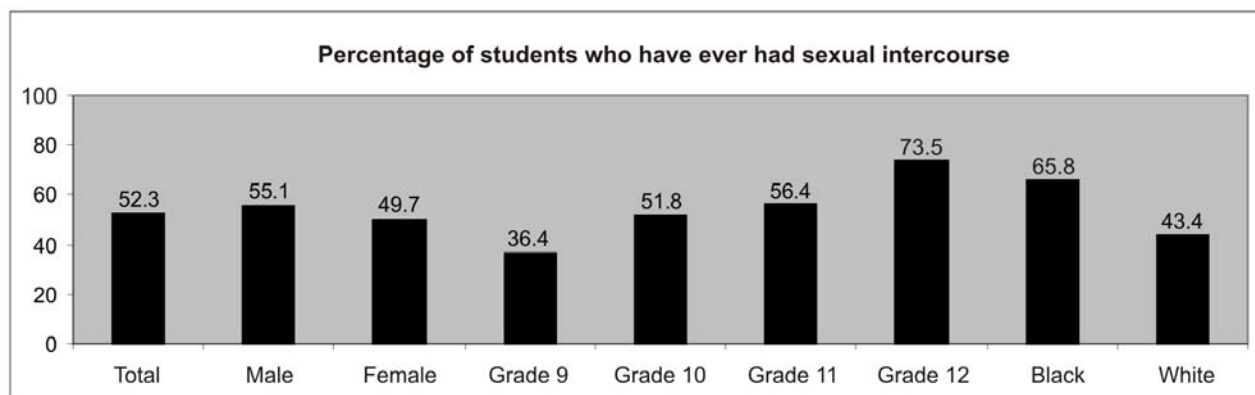
Perhaps most alarmingly, 29.1 percent of the state's high school students were offered, sold, or given an illegal drug on school property during the twelve months preceding the survey. The figure is lower (25.4 percent) nationwide.



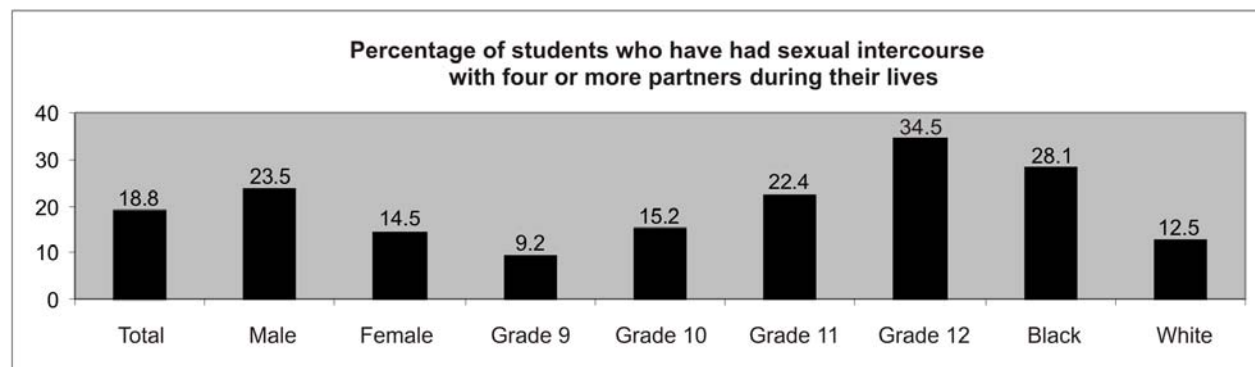
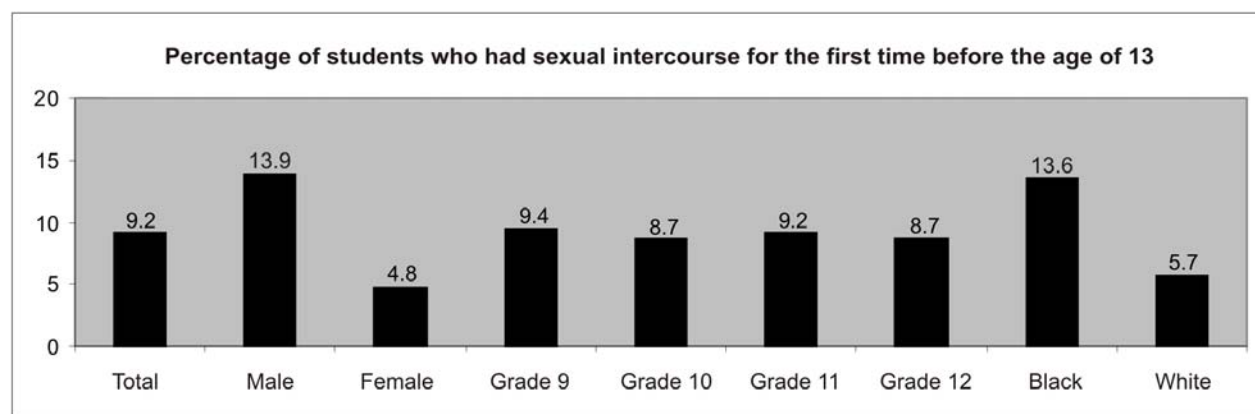
A small percentage of South Carolina's high school students have used cocaine (7.6 percent), heroin (5.0 percent), methamphetamines (6.4 percent), or inhalants (12.2 percent) during their lives. (More information on student abuse of these substances is available from the CDC in the report "Youth Risk Behavior Surveillance—United States, 2005," online at <http://www.cdc.gov/HealthyYouth/yrbs/publications.htm>.)

## Sexual Behaviors

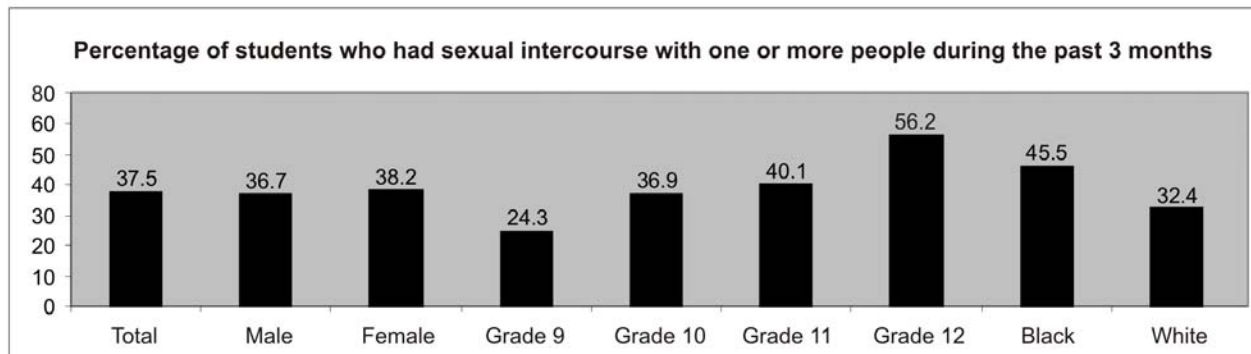
Since the first Youth Risk Behavior Survey was conducted in South Carolina, there has been a decline—from 65.9 percent in 1991 to 52.3 percent in 2005—in the percentage of high school students who have had sexual intercourse. Slightly less than half of South Carolina's high school students report that they have never had sexual intercourse. Younger students are less likely to have had sexual intercourse than older students.



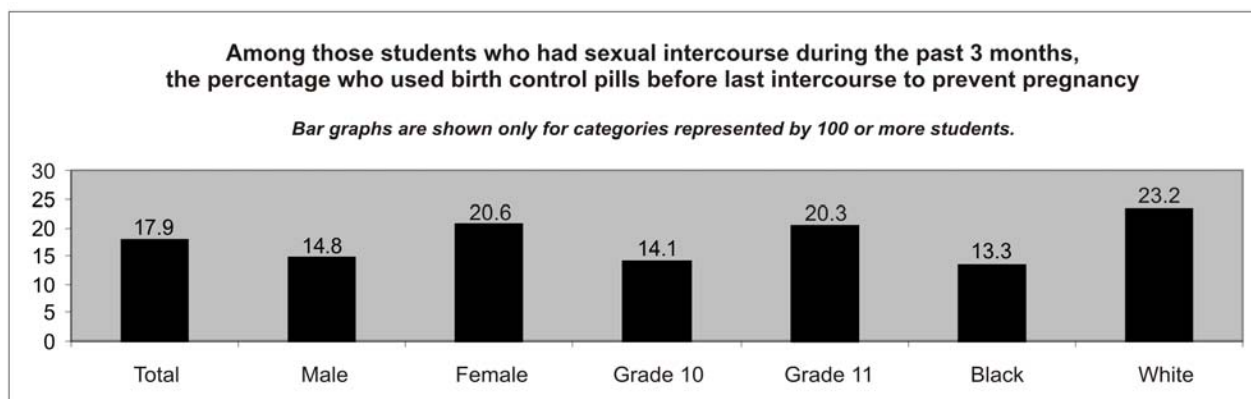
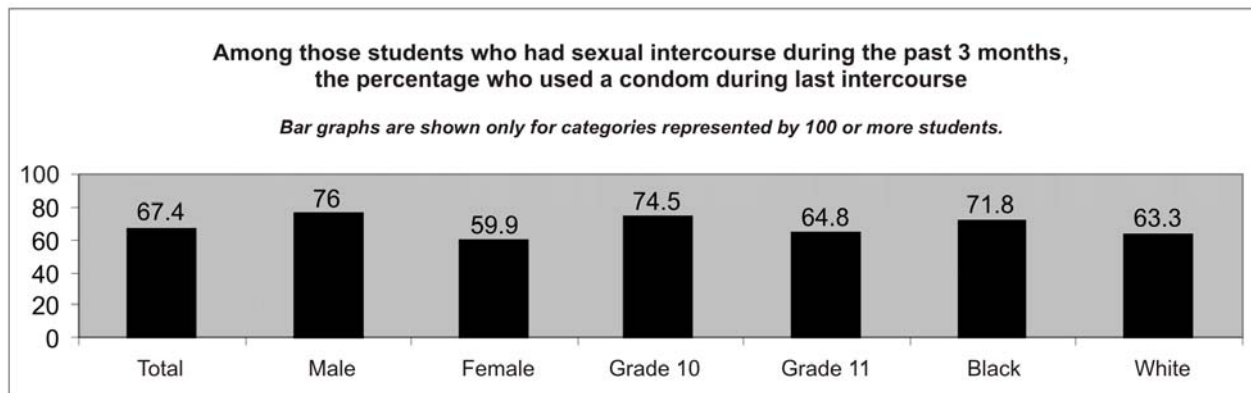
There has also been a downward trend in the number of students who had sexual intercourse for the first time before they were thirteen years of age, the total dropping from 18.6 in 1991 to 9.2 percent in 2005. Also decreasing is the number of South Carolina high school students who have had sexual intercourse with four or more people during their lives, the total dropping from 29.3 percent in 1991 to 18.8 percent in 2005.

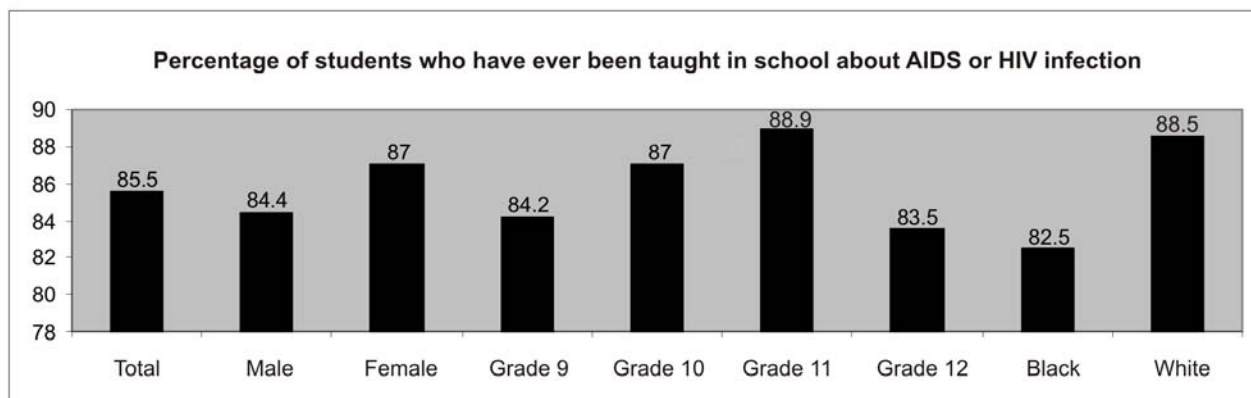


Additionally, the number of students who had sexual intercourse with one or more people during the three months preceding the survey has decreased, the total dropping from 47.5 percent in 1991 to 37.5 percent in 2005.



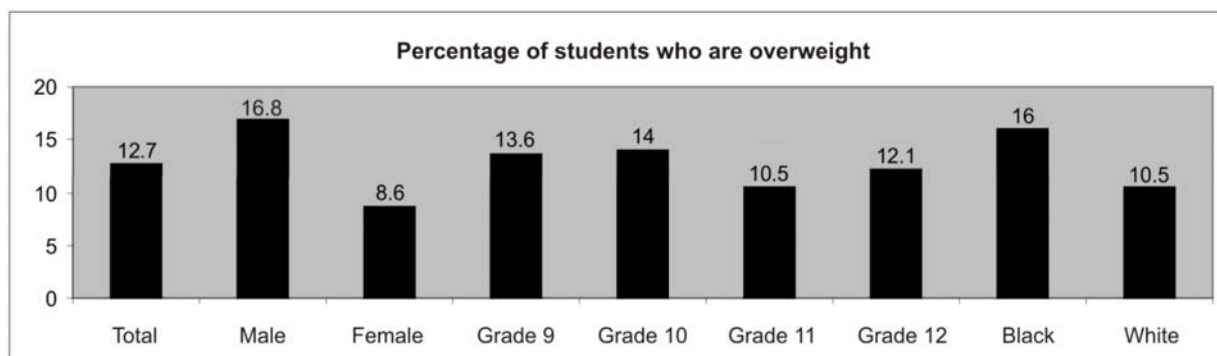
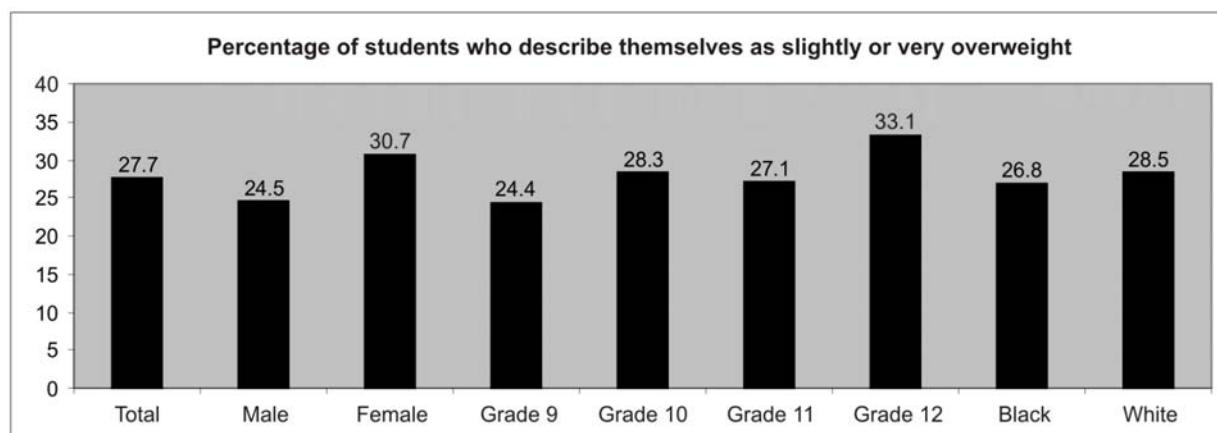
Indiscriminate sexual behavior puts teens at risk not only for unintended pregnancy but also for sexually transmitted diseases (STDs). Among those South Carolina high school students who are sexually active, the use of condoms increased from 45.1 percent in 1991 to 67.4 percent in 2005. About 18 percent of the state's sexually active teenagers have used birth control pills. Although South Carolina law requires that all students receive instruction on STDs and HIV prevention, only 85.5 percent of students report that their schools have ever taught them about HIV infection or AIDS.

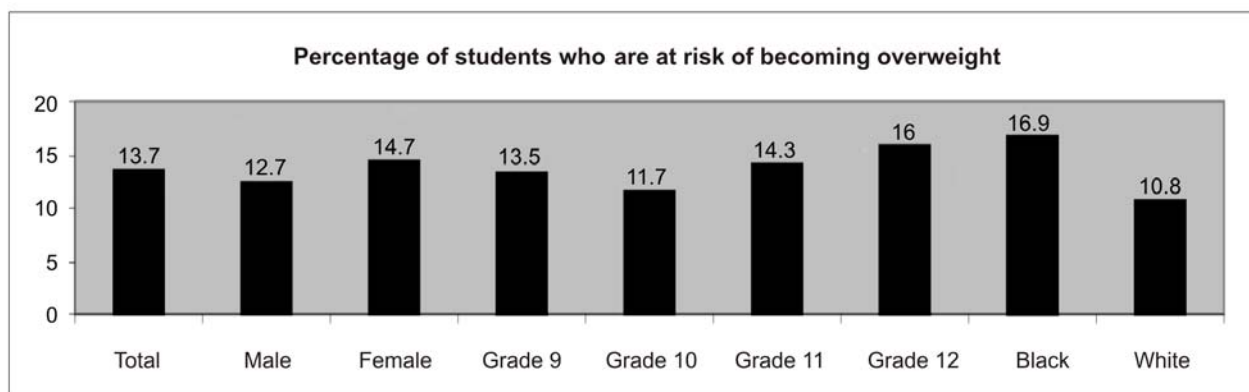




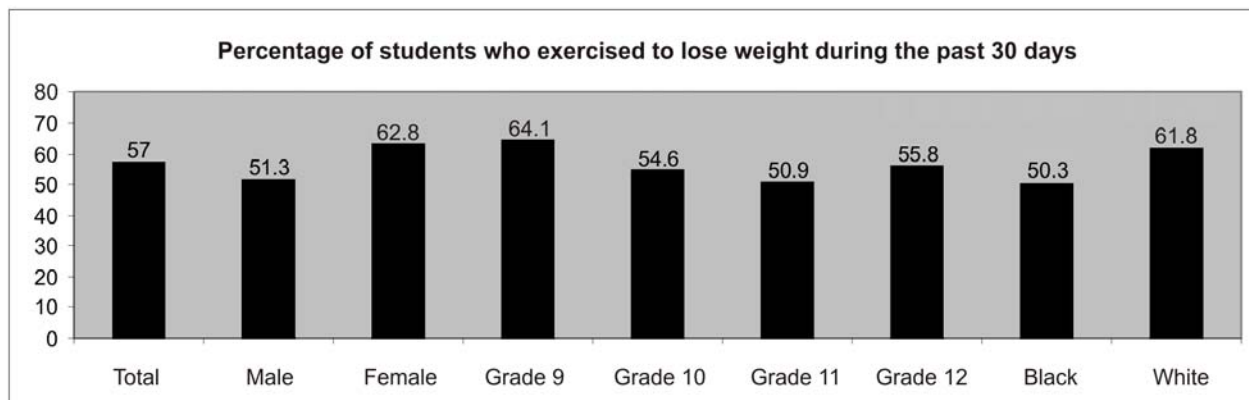
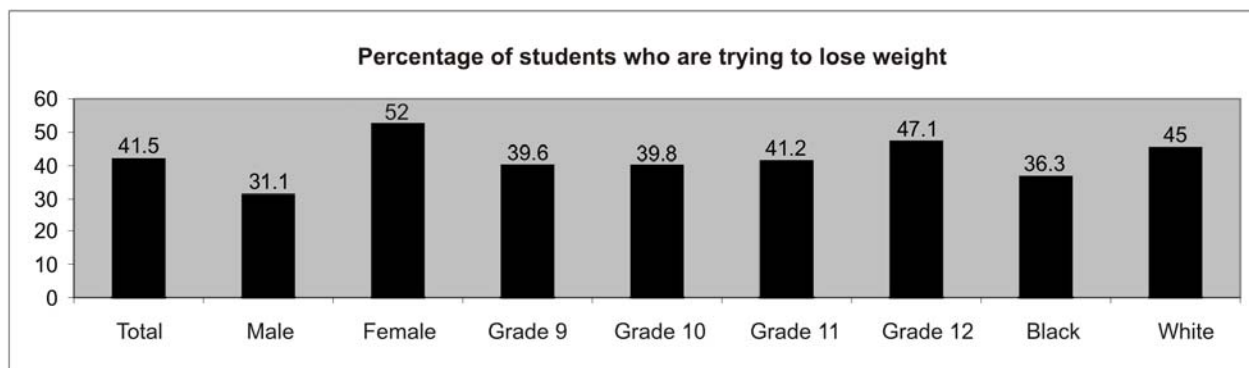
## Body Image and Weight Management

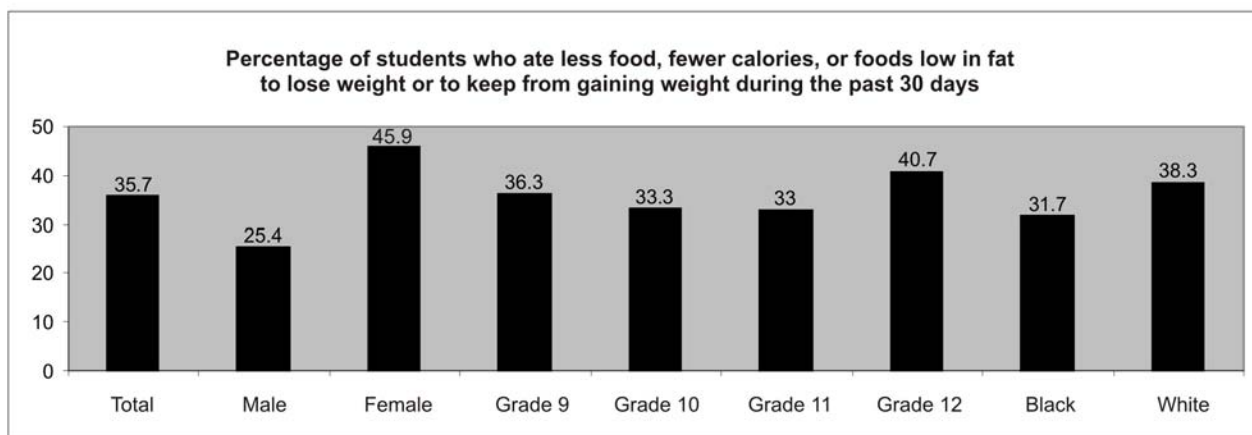
The percentage of South Carolina high school students who self-report being overweight has remained fairly stable—26.1 percent in 1991, 27.8 percent in 1999, and 27.7 percent in 2005. Overall, the tendency to consider oneself overweight is more prevalent among the state's female students (30.7 percent) than male students (24.5 percent). According to the 2005 survey, 12.7 percent of South Carolina's high school students are in fact overweight, with body mass indexes that are at or above the 95th percentile for their age and gender. An additional 13.7 percent—those who have body mass indexes that are at or above the 85th percentile for their age and gender—are considered to be at risk of becoming overweight. Black males are the largest group of students who are overweight (19.0 percent), followed by white males (15.4 percent), black females (13.1 percent), and white females (5.4 percent).





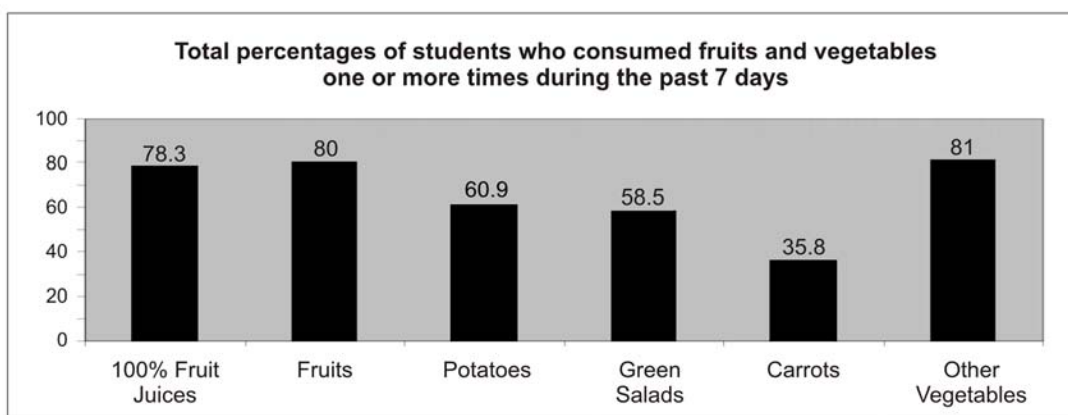
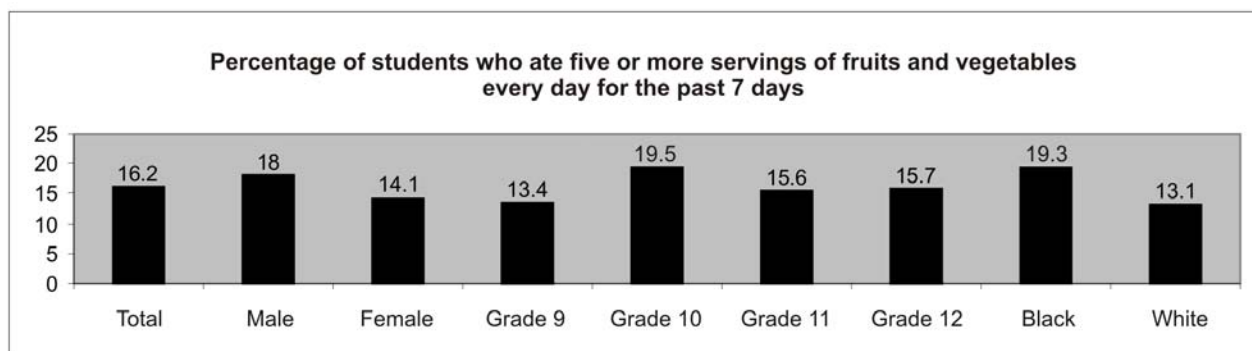
According to the survey, 41.5 percent of South Carolina high school students are trying to lose weight. More females (52 percent) than males (31.1 percent) are doing so. The number of the state's high school students who exercise to lose weight or to keep from gaining has been increasing over the years—from 45.6 percent in 1995, to 54.8 percent in 1999, to 57.0 percent in 2005. Today, ninth graders (64.1 percent) constitute the largest group of such students. Additionally, 35.7 percent of the state's high school students say that they ate less food, fewer calories, or foods low in fat during the thirty days preceding the survey in order to lose weight or to keep from gaining weight. White females (54.5 percent) are the most likely to use food intake as a means of weight control.





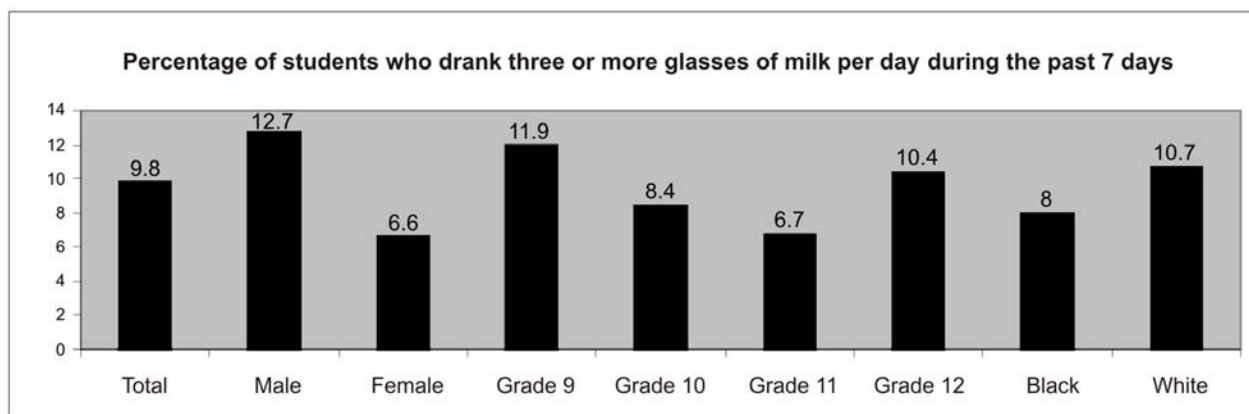
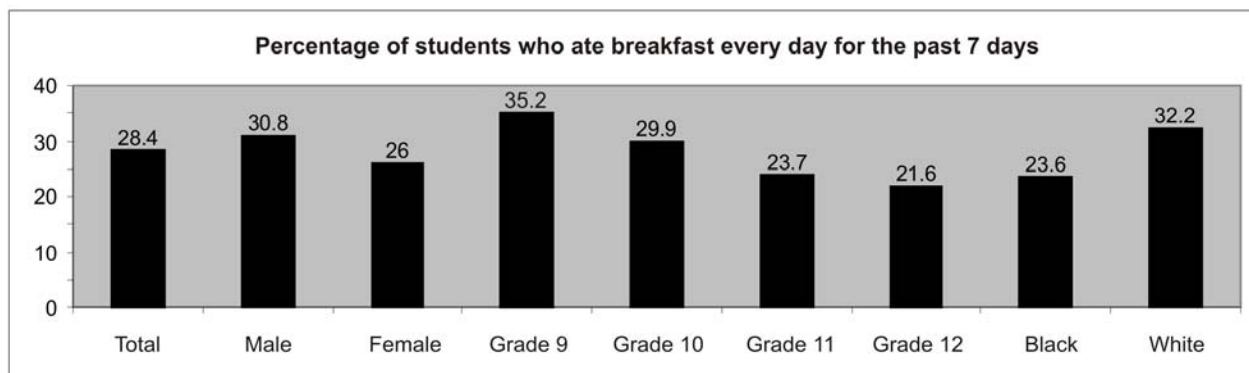
## Dietary Behaviors

Relatively few South Carolina high school students (16.2 percent) are eating the recommended five or more servings of fruits and vegetables daily. Nevertheless, 58.5 percent of them did eat green salads one or more times in the week before the survey, 60.9 percent ate potatoes (*not* including french fries), 35.8 percent ate carrots, and 81 percent ate “other vegetables.” More than three-fourths of students also report having consumed fruits and 100% fruit juices during that week. Tenth graders are the largest group of students (19.5 percent) who are eating fruits and vegetables; ninth graders are the smallest (13.4 percent).



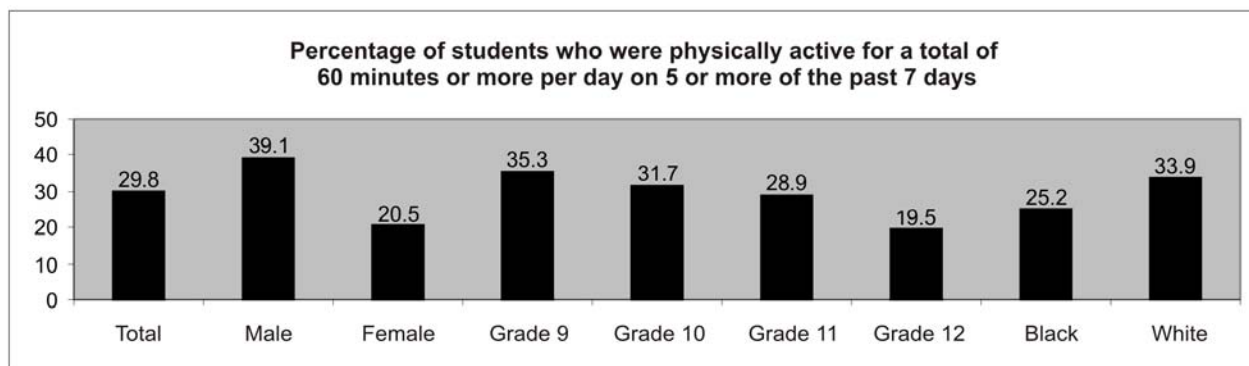


Less than one-third (28.4 percent) of the state's high school students report having eaten breakfast every day of the week preceding the survey, more white students (32.2 percent) than black students (23.6 percent) having done so. Milk consumption is below optimal levels, with only 9.8 percent of high school students reporting that they drank three or more glasses every day of the week preceding the survey—a decrease from the 12.1 percent of 1999.



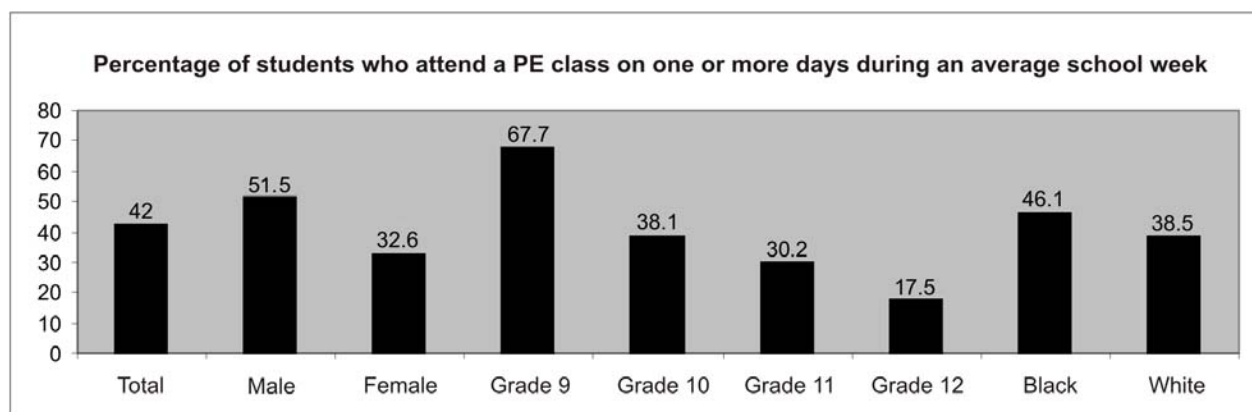
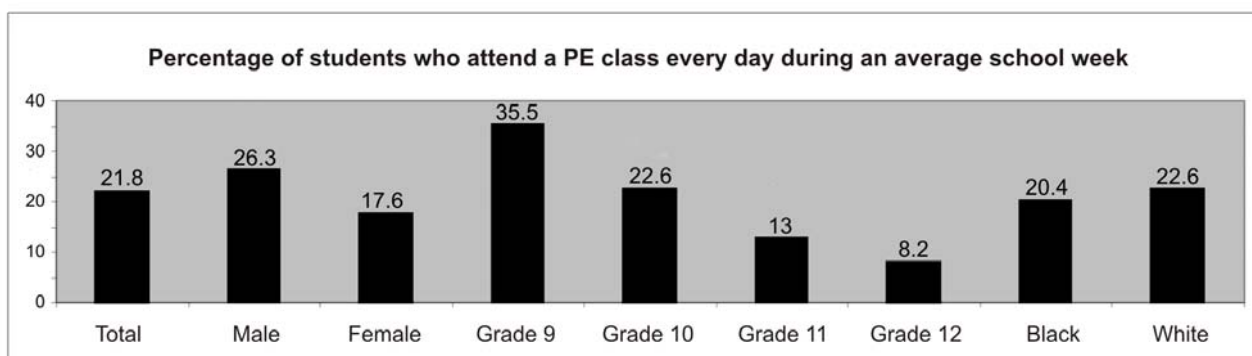
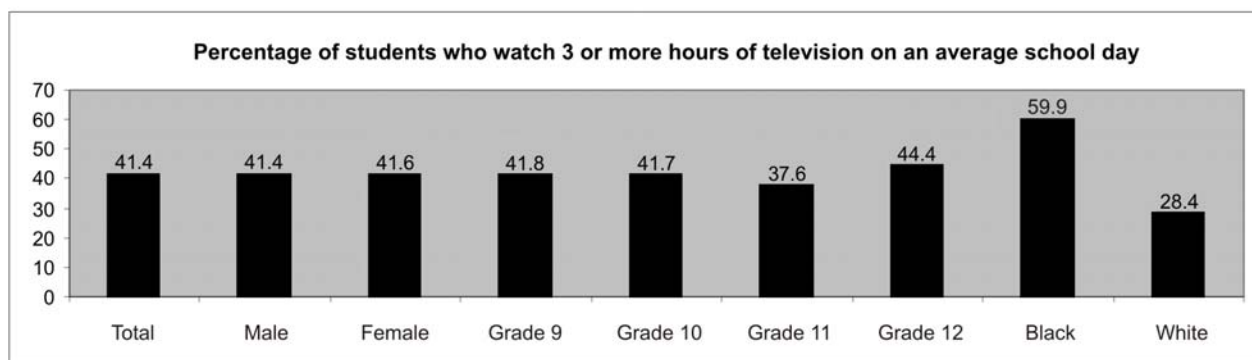
## Physical Activity

Statewide, 29.8 percent of high school students report having been physically active for the recommended level of 60 minutes or more per day on five or more of the seven days prior to the survey. Nationwide, 35.8 percent of students report this level of physical activity (CDC 2006). Overall, the South Carolina students who are meeting the currently recommended levels of physical activity in the highest numbers are the ninth graders (35.3 percent). The numbers decline as the grade levels advance: by the time they are twelfth graders, those students who are physically active at the recommended levels comprise only 19.5 percent of their class.

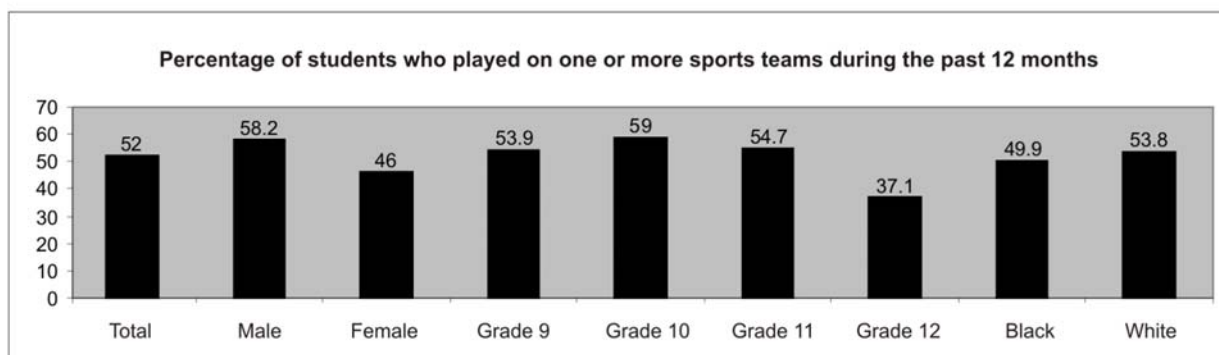
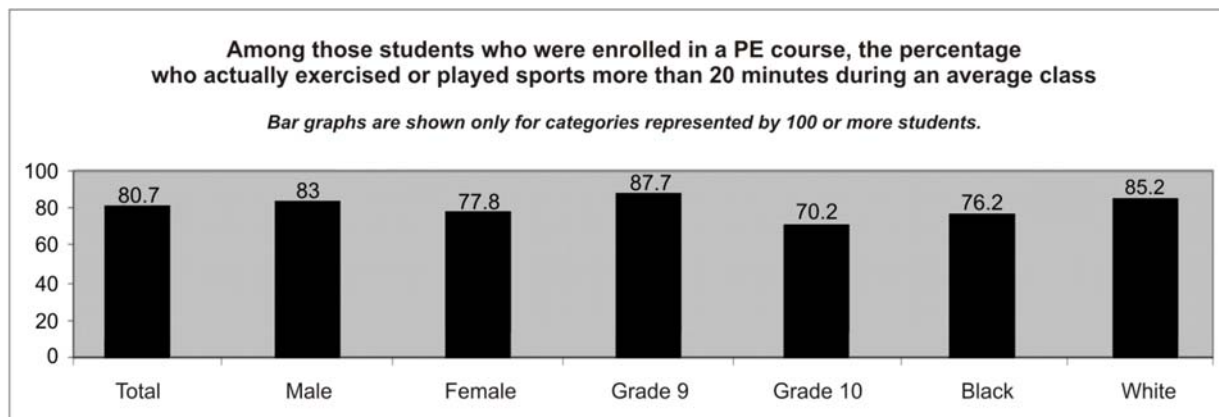




Trend data do show some improvements in the area of physical activity. Fewer South Carolina high school students are watching 3 or more hours of television per school day than in the past, the numbers dropping from 47.5 percent in 1999 to 41.4 percent in 2005. And today, more students are attending physical education (PE) class every day, the numbers rising from 18.1 percent in 1999 to 21.8 percent in 2005. Forty-two percent are now attending a PE class one or more days in an average school week, up from 41.2 percent in 1999 and 38.4 percent in 1991.

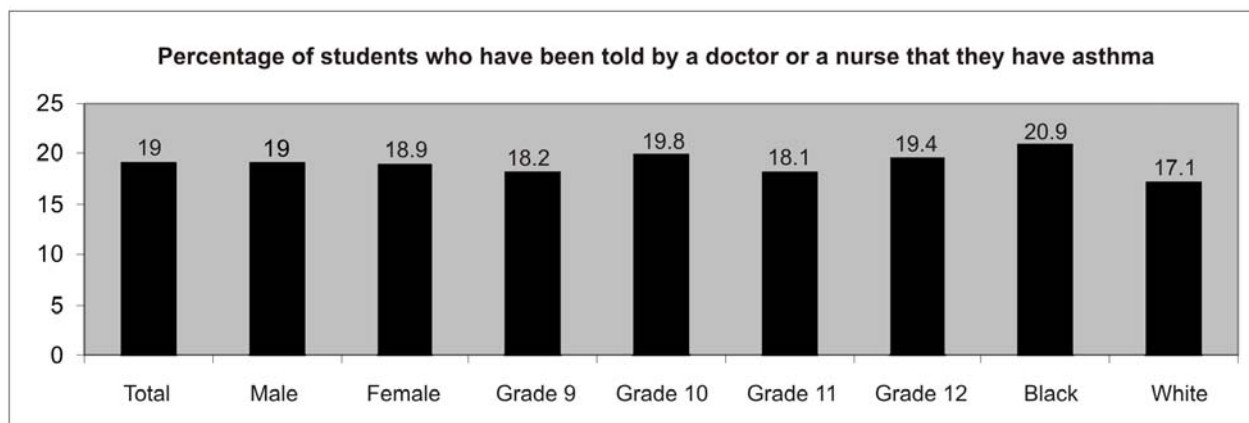


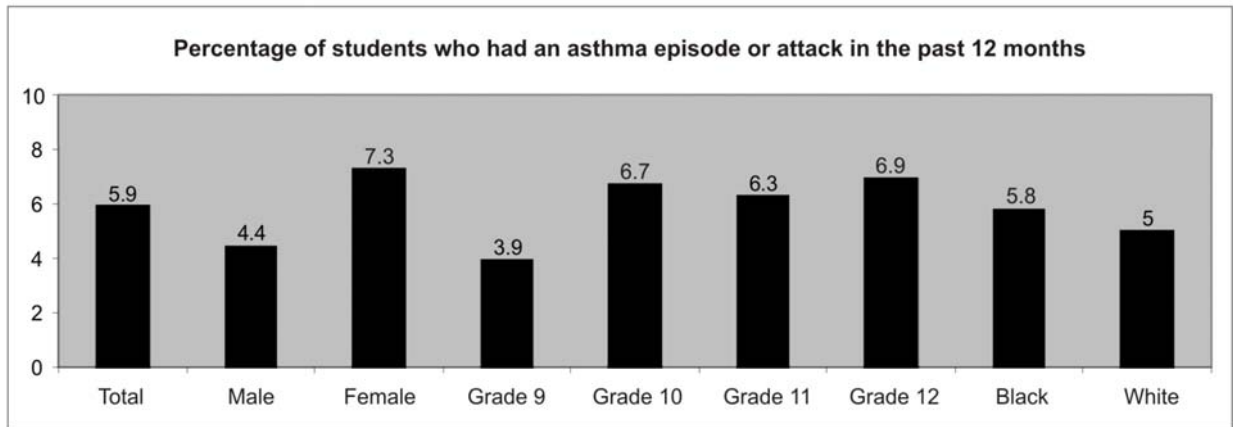
Another improvement is that the level of activity during PE class is higher for students today: 80.7 percent of South Carolina high school PE students are now exercising or playing sports for longer than 20 minutes during an average class, in comparison with 76.1 percent in 1999. In addition, over half of the state's high school students now play on one or more sports teams.



## Asthma

Nineteen percent of South Carolina's high school students have been told by a doctor or a nurse that they have asthma—a chronic lung disease more prevalent among black students (20.9 percent) than white students (17.1 percent). Almost 6 percent of the state's high school students had an asthma episode or attack in the year preceding the survey.





## Works Cited

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- SC DHEC. 2006. *2005 South Carolina Youth Tobacco Survey*. Columbia: South Carolina Department of Health and Environmental Control. Available online at <http://www.dhec.sc.gov/health/chcdp/tobacco/>.
- SDE. 2005. *2004 South Carolina School Health Profiles Project: Report of Survey Results*. Columbia: South Carolina Department of Education.

## APPENDIX

### Centers for Disease Control Trend Analysis for South Carolina High Schools, 1991–2005

<b>Injury and Violence</b>	<b>1991</b>	<b>1993</b>	<b>1995</b>	<b>1997</b>	<b>1999</b>	<b>2005</b>
Among students who rode a bicycle during the past 12 months, the percentage who never or rarely wore a bicycle helmet	97.7	97.9	96.4	95.3	92.9	91.6
Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else	23.7	24.7	25.0	25.3	20.9	17.8
Percentage of students who rode in a car or other vehicle driven by someone who had been drinking alcohol one or more times during the past 30 days	39.3	38.0	39.5	37.9	34.6	30.0
Percentage of students who drove a car or other vehicle when they had been drinking alcohol one or more times during the past 30 days	16.7	15.2	17.3	16.6	15.4	11.5
Percentage of students who carried a weapon such as a gun, knife, or club on one or more of the past 30 days	31.3	27.7	27.4	24.6	21.7	20.5
Percentage of students who carried a gun on one or more of the past 30 days	—	11.1	11.9	10.1	8.8	7.5
Percentage of students who carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days	—	14.3	11.9	9.7	7.2	6.7
Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school on one or more of the past 30 days	—	5.9	6.4	5.8	6.0	5.8
Percentage of students who had been threatened or injured with a weapon such as a gun, knife, or club on school property one or more times during the past 12 months	—	9.8	10.7	9.1	8.6	10.1
Percentage of students who were in a physical fight one or more times during the past 12 months	41.7	36.9	37.3	36.2	33.1	31.3
Percentage of students who were injured in a physical fight and had to be treated by a doctor or nurse one or more times during the past 12 months	4.5	4.1	4.2	4.0	4.1	4.0
Percentage of students who were in a physical fight on school property one or more times during the past 12 months	—	13.4	14.9	12.8	12.0	12.7
Percentage of students who were hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months	—	—	—	—	12.4	13.5
Percentage of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months	—	—	—	—	26.6	28.6

<b>Injury and Violence</b>	<b>1991</b>	<b>1993</b>	<b>1995</b>	<b>1997</b>	<b>1999</b>	<b>2005</b>
Percentage of students who seriously considered attempting suicide during the past 12 months	25.6	22.2	24.0	21.3	17.1	14.9
Percentage of students who made a plan about how they would attempt suicide during the past 12 months	16.3	19.2	18.3	15.7	13.4	13.6
Percentage of students who actually attempted suicide one or more times during the past 12 months	7.3	10.5	9.9	10.3	7.9	11.1
Percentage of students whose suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse during the past 12 months	2.2	3.2	4.0	3.6	3.7	3.6

<b>Tobacco Use</b>	<b>1991</b>	<b>1993</b>	<b>1995</b>	<b>1997</b>	<b>1999</b>	<b>2005</b>
Percentage of students who ever tried cigarette smoking, even one or two puffs	73.9	72.2	76.6	75.1	75.3	63.4
Percentage of students who smoked a whole cigarette for the first time before age 13 years	29.4	30.4	28.9	26.5	27.2	19.6
Percentage of students who smoked cigarettes on one or more of the past 30 days	25.6	26.7	32.6	38.6	36.0	23.5
Percentage of students who smoked cigarettes on 20 or more of the past 30 days	13.1	12.8	15.4	18.2	17.7	11.4
Among students who are current smokers, the percentage who smoked more than 10 cigarettes per day on the days they smoked during the past 30 days	16.5	17.2	17.0	14.2	15.2	9.2
Percentage of students who smoked cigarettes on school property on one or more of the past 30 days	—	12.1	14.8	16.5	13.1	10.7
Percentage of students who used chewing tobacco, snuff, or dip on one or more of the past 30 days	—	—	12.0	6.7	7.7	10.7
Percentage of students who used chewing tobacco, snuff, or dip on school property on one or more of the past 30 days	—	—	7.2	3.6	3.9	7.0
Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days	—	—	—	—	21.6	15.3
Percentage of students who smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on one or more of the past 30 days	—	—	—	—	41.5	30.1

<b>Alcohol and Other Drug Use</b>	<b>1991</b>	<b>1993</b>	<b>1995</b>	<b>1997</b>	<b>1999</b>	<b>2005</b>
Percentage of students who had at least one drink of alcohol on one or more days during their life	77.9	75.6	77.7	75.2	77.8	71.1
Percentage of students who had their first drink of alcohol other than a few sips before age 13 years	33.0	37.2	39.1	36.4	33.6	25.6
Percentage of students who had at least one drink of alcohol on one or more of the past 30 days	46.9	44.3	46.4	45.3	45.4	43.2

<b>Alcohol and Other Drug Use</b>	<b>1991</b>	<b>1993</b>	<b>1995</b>	<b>1997</b>	<b>1999</b>	<b>2005</b>
Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days	27.0	25.0	27.3	24.8	25.4	23.6
Percentage of students who had at least one drink of alcohol on school property on one or more of the past 30 days	—	7.7	7.4	5.7	5.4	6.0
Percentage of students who used marijuana one or more times during their life	26.8	24.5	36.1	44.7	44.6	38.0
Percentage of students who tried marijuana for the first time before age 13 years	7.4	7.6	8.6	10.1	11.7	9.5
Percentage of students who used marijuana one or more times during the past 30 days	12.2	12.5	20.8	26.5	24.5	19.0
Percentage of students who used marijuana on school property one or more times during the past 30 days	—	3.9	6.2	6.6	5.1	4.6
Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life	5.1	4.7	5.2	5.4	7.4	7.6
Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during the past 30 days	2.4	2.2	3.0	2.4	3.5	3.9
Percentage of students who sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life	—	—	19.0	17.1	14.2	12.2
Percentage of students who used heroin one or more times during their life	—	—	—	—	3.4	5.0
Percentage of students who used methamphetamines one or more times during their life	—	—	—	—	8.0	6.4
Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life	3.7	4.0	5.2	4.3	4.6	6.1
Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life	—	—	2.5	1.9	2.8	3.1
Percentage of students who were offered, sold, or given an illegal drug on school property by someone during the past 12 months	—	—	—	—	29.1	29.1

<b>Sexual Behaviors</b>	<b>1991</b>	<b>1993</b>	<b>1995</b>	<b>1997</b>	<b>1999</b>	<b>2005</b>
Percentage of students who ever had sexual intercourse	65.9	65.5	66.2	61.5	58.1	52.3
Percentage of students who had sexual intercourse for the first time before age 13 years	18.6	21.5	19.0	15.8	14.1	9.2
Percentage of students who had sexual intercourse with four or more people during their life	29.3	28.3	27.6	25.0	22.2	18.8
Percentage of students who had sexual intercourse with one or more people during the past three months	47.5	46.4	46.2	42.3	39.7	37.5

<b>Sexual Behaviors</b>	<b>1991</b>	<b>1993</b>	<b>1995</b>	<b>1997</b>	<b>1999</b>	<b>2005</b>
Among students who had sexual intercourse during the past three months, the percentage who drank alcohol or used drugs before last sexual intercourse	22.6	20.5	21.6	23.6	26.8	24.8
Among students who had sexual intercourse during the past three months, the percentage who used a condom during last sexual intercourse	45.1	54.6	57.3	59.8	61.4	67.4
Among students who had sexual intercourse during the past three months, the percentage who used birth control pills to prevent pregnancy before last sexual intercourse	20.0	16.9	14.9	13.8	12.5	17.9
Percentage of students who had ever been taught in school about AIDS or HIV infection	80.2	82.2	87.6	90.3	88.1	85.5

<b>Weight Management and Dietary Behaviors</b>	<b>1991</b>	<b>1993</b>	<b>1995</b>	<b>1997</b>	<b>1999</b>	<b>2005</b>
Percentage of students who were at risk for becoming overweight (i.e., at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex)	—	—	—	—	12.8	13.7
Percentage of students who were overweight (i.e., at or above the 95th percentile for body mass index, by age and sex)	—	—	—	—	11.8	12.7
Percentage of students who described themselves as slightly or very overweight	26.1	29.4	24.1	24.5	27.8	27.7
Percentage of students who were trying to lose weight	35.7	36.6	36.1	38.5	39.8	41.5
Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days	—	—	45.6	46.7	54.8	57.0
Percentage of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days	—	—	—	—	36.4	35.7
Percentage of students who went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days	—	—	—	—	13.3	12.1
Percentage of students who took diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days	—	—	—	—	7.6	6.9
Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days	—	—	7.4	6.1	5.9	8.0
Percentage of students who drank 100% fruit juices one or more times during the past seven days	—	—	—	—	78.5	78.3
Percentage of students who ate fruit one or more times during the past seven days	—	—	—	—	79.0	80.0
Percentage of students who ate green salad one or more times during the past seven days	—	—	—	—	56.9	58.5



<b>Weight Management and Dietary Behaviors</b>	<b>1991</b>	<b>1993</b>	<b>1995</b>	<b>1997</b>	<b>1999</b>	<b>2005</b>
Percentage of students who ate potatoes one or more times during the past seven days	—	—	—	—	64.4	60.9
Percentage of students who ate carrots one or more times during the past seven days	—	—	—	—	35.4	35.8
Percentage of students who ate other vegetables one or more times during the past seven days	—	—	—	—	82.4	81.0
Percentage of students who ate five or more servings per day of fruits and vegetables during the past seven days	—	—	—	—	17.6	16.2
Percentage of students who drank three or more glasses per day of milk during the past seven days	—	—	—	—	12.1	9.8

<b>Physical Activity</b>	<b>1991</b>	<b>1993</b>	<b>1995</b>	<b>1997</b>	<b>1999</b>	<b>2005</b>
Percentage of students who exercised or participated in physical activity that made them sweat and breathe hard for 20 minutes or more on three or more of the past seven days	—	56.5	52.0	52.8	55.2	58.1
Percentage of students who participated in physical activity that did not make them sweat or breathe hard for 30 minutes or more on five or more of the past seven days	—	—	—	—	22.1	22.3
Percentage of students who had not participated in at least 20 minutes of vigorous physical activity on three or more of the past seven days and had not participated in at least 30 minutes of moderate physical activity on five or more of the past seven days	—	—	—	—	40.0	36.8
Percentage of students who had not participated in any vigorous or moderate physical activity during the past seven days	—	—	—	—	12.8	11.8
Percentage of students who watched three or more hours per day of TV on an average school day	—	—	—	—	47.5	41.4
Percentage of students who attended physical education (PE) classes on one or more days in an average week when they were in school	38.4	39.7	43.0	40.3	41.2	42.0
Percentage of students who attended physical education (PE) classes daily in an average week when they were in school	34.5	32.0	17.5	14.3	18.1	21.8
Among students enrolled in physical education (PE) class, the percentage who actually exercised or played sports more than 20 minutes during an average PE class	75.6	70.7	70.5	71.9	76.1	80.7
Percentage of students who played on one or more sports teams during the past 12 months	—	—	—	—	52.3	52.0